



## **SPINAL CORD STIMULATOR DISCHARGE INSTRUCTIONS**

### **Post-op activity:**

Wear abdominal binder for 24 hours. Ideally these should stay on for 72 hours.

Avoid excessive range of motion for 8 weeks.

No lifting anything over your head for 8 weeks.

No lifting anything over 25 pounds for 8 weeks.

Do not twist or bend. If necessary, bend at the knees instead of bending your back.

May drive in 1 day if not medicated.

### **Incision care:**

Keep surgical dressings/bandages clean and dry.

If the tape starts to peel off, add more to this, do not remove any material.

Do not shower until 3 days postop, sponge bathing is ok.

Do not scrub the incisions, let warm soapy water run over the areas then place clean bandage over the wounds.

### **Medication:**

Take antibiotics for the full course. Do not stop early.

Take pain medications only as prescribed.

May take over the counter pain relievers, but do not combine anti-inflammatories.

Do not take any other pain relievers other than those prescribed post-op.

### **What to expect:**

Muscle soreness for 48-72 hours.

Pain medication can cause constipation. You may take over the counter stool softener, such as Colace, as needed. Increase water intake.

### **When to call the clinic:**

Call with concerns including, but not limited to, drainage, foul odor, worsening pain at the incision, fever, surgical pain not managed by medication taken as directed, severe headache, sudden onset of severe leg pain, bladder or bowel incontinence, weakness of lower extremities or any new symptoms.

### **Post op visit:**

3 day post op: \_\_\_\_\_