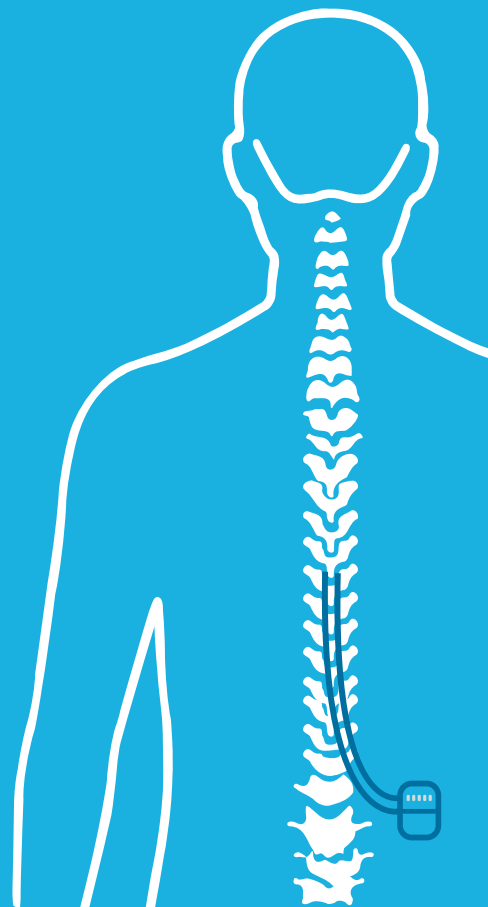




HFX™

# What to Expect: Your Nevro HFX™ Implant and Long-term Support



# Congratulations on deciding to move forward with your Nevro HFX™ implant!

In this brochure, you'll learn about what to expect during the implant process and find information about the long-term support services you'll receive.

## The implant process:



**If you have any questions during the process,  
please call your Nevro HFX Care Team.**

**1-844-331-1001**

Monday - Friday 9:00am - 5:00pm

# The Implant Procedure

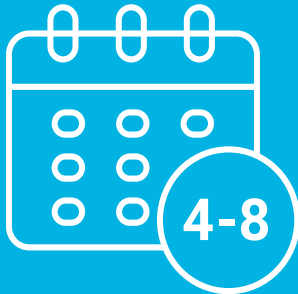
The implant procedure is similar to your trial, but this time the device will be implanted.

## What to expect:

- Your doctor will place the leads again and connect the leads to your internal device.
- Implanting HFX requires only 2 small incisions.
- HFX is placed in your lower back or buttocks area.
- It's also possible your doctor may recommend an alternative approach using a paddle lead, which requires a slightly different procedure.
- You'll typically go home the same day, and you will need to bring someone with you to drive you home.
- A Nevro HFX Care Team member will be there to provide support and answer your questions.



# Implant Recovery and Restrictions



Recovery time varies from person to person, but typically takes around **4-8 weeks**. As with any procedure, your body will need time to rest and heal. Your doctor will determine your specific recovery length.

# Implant Recovery and Restrictions

Your doctor will determine your specific recovery instructions; however, below is generally what you can expect.

## **Expect to engage only in light activity and:**

- Avoid lifting items that weigh more than 5 pounds (a gallon of milk weighs 5 lbs.)
- Avoid activities with twisting, bending, or lifting your arms above your shoulders

It's important to keep an eye out for signs of infection like fever, chills, or excessive drainage. Please call your doctor if you have any concerns.

It can be challenging to limit your activity, especially if you're finally experiencing relief after years of pain. But following your doctor's guidance during your recovery period will help keep your device components in place and make sure you have the best possible long-term pain relief.

# Fine Tuning Nevro HFX

Your Nevro HFX Care Team will work closely with you to find which settings will provide the most pain relief.

- After getting HFX, you'll receive a call from your Nevro HFX Care Team to start optimizing your pain relief.
- As you get used to HFX, you'll have follow-up calls with your HFX Coach to find which settings are best for you based on your feedback. Everyone's pain responds differently, and this may take some time.
- Once you find your best settings, you'll have your dedicated HFX Coach, who will be there for long-term support whenever you need it.
- Your local care team will be available for any additional support.



# Dedicated Long-term Support



Your Nevro HFX Care Team consists of your local care team as well as a personally assigned HFX Coach. Your HFX Coach will be your main point of contact after your implant.



Your HFX Coach will proactively check in with you. If you need any additional support, including MRI information, accessory troubleshooting, or pain relief, your HFX Coach is available to help you at 1-844-331-1001.

Pain is complex and can change over time; adjusting settings is part of the process. That's why your device offers a wide range of programming options. Your care team is here to provide personalized recommendations when you need them for continuous, long-term relief.

## **Who is your HFX Coach?**

Your dedicated HFX Coach is available for the life of your device to ensure you achieve and maintain continuous, long-term pain relief.

# Frequently Asked Questions

## 1 How often will I need to charge?

Charging will usually take 30 minutes daily, but can vary depending on your settings. Most people choose to charge based on a routine that fits their lifestyle, like when they're watching TV.

## 2 Can I get an MRI with HFX?

Yes, with HFX you can safely have a full-body MRI scan.\* Please reach out to your Nevro HFX Care Team to verify.

## 3 How long will my battery last?

HFX is designed to last at least 10 years.

## 4 Can I drive or sleep with HFX on?

Yes, HFX offers programs that can be used while driving or sleeping.

\* Within conditional parameters. Refer to [Nevro HFX MRI Guidelines](#) for detailed information on MRI safety and conditions.



# Frequently Asked Questions

## 5 What do I do about my pain medication after my implant?

It's possible you'll be able to stop or decrease your pain medication; however, your doctor will provide guidance on adjustments to your pain medication.

## 6 How do I know if HFX is working?

To check the status of your device, turn your remote control ON and make sure you see the Stimulation Level Indicator lights illuminated – you should see white lights. If using your HFX App, go to your Home screen. You will see the “Stim ON/OFF” Button in the upper right-hand corner. You will know your device is ON when you see “Stim ON” next to the green icon.

## 7 Can I fly with HFX?

Yes, you can fly if you first confirm your doctor is OK with it.

# Resources

For support and detailed instructions on how to use HFX, visit our patient resources webpage.

On this page you will find:

- Instructional guides
- MRI checklist and information
- Patient manuals
- How-to videos
- Additional frequently asked questions
- Nevro HFX Care Team contact information

## HFX Patient Resources



Scan this code with your phone's camera or visit [NevroHFX.com/resources](https://NevroHFX.com/resources)



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during the process, please call  
your Nevro HFX Care Team.**

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Tag us on social media! **#NevroHFX**

**Important information:** Rx Only: Patient experiences with the Senza® spinal cord stimulation (SCS) system vary by individual, including the amount of pain relief. The occurrence of adverse events associated with SCS implant surgery or use also varies by patient. Please see [www.NevroHFX.com/safety](http://www.NevroHFX.com/safety) for complete safety, indications for use, and contraindications information.

**Nevro Corp.**

1800 Bridge Parkway  
Redwood City, CA 94065 US  
1.650.251.0005 • 1.888.956.3876  
[www.NevroHFX.com](http://www.NevroHFX.com)

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