

ROCHESTER PAIN SOLUTION

DISCHARGE INSTRUCTIONS: TRIAL SPINAL CORD STIMULATOR LEAD PLACEMENT

Your physician has inserted spinal cord stimulator leads into your epidural space for a trial screening period. The purpose for this is to determine if spinal cord stimulation will cover the area of your pain and adequately provide you with less sensation of pain in those areas.

The length of the trial screening period is generally 1 week.

During this time please follow these instructions:

Activity:

1. You may change the intensity and rate of stimulation by adjusting the screener in response to changes in underlying pain position or activities.
2. Monitor your response to above changes. You may want to keep a written log.
3. Restrict certain activities to reduce the possibility of lead movement, i.e.,
 - Do not raise your arms over your head
 - Do not bend, twist, or stretch your body at the waist
 - Do not lift anything weighing more than 5 pounds
4. Do not drive a car with the SCS device on. You must have a driver to take you home day of procedure.
5. Turn SCS "off" while entering through metal detectors, court houses, airports. Ok to resume SCS to "on" once you've passed through detectors.

Diet:

1. You may resume your usual diet.

Medications:

1. Continue taking all medications as directed.

Dressing/care of incision:

1. No showering during trial period. Do not swim, shower, or take baths while the lead is in
2. Dressing will be removed at the first post-operative office visit.

Please notify this office at 585-491-6130 if you notice any of the following:

1. Excessive bleeding
2. Signs of infection at the insertion site, i.e., drainage, redness, swelling, and fever
3. Changes in stimulation pattern
4. Increased pain in the lower or upper extremities
5. Loss of sensation or weakness in your legs or arms
6. Loss of bowel or bladder control
7. Increased pain in back other than the incision site

You were given IV sedation during the procedure, after receiving sedation:

1. You should not drink alcoholic beverages, including beer or wine for 24 hours
2. You should not drive a vehicle, operate any machinery or do anything that you could hurt yourself doing for 24 hours
3. Decisions requiring judgment skills should be avoided for 24 hours

Follow up: You will be scheduled to remove the lead in one week. If it has not been done already a phone call from Rochester Pain Solution to schedule this appointment.

Medications/prescriptions given to patient at discharge: _____

I have read and understand the above instructions and have received a copy.

Patient Signature _____ Nurse Signature: _____

Accompanying adult: _____ Date _____

*** If you cannot reach your physician and it is an Emergency, please call 911 or go to the nearest Emergency Department.**