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POSTOPERATIVE INFORMATION: NEUROSTIMULATOR

Dressing:

Please keep wounds dressed and dry for 24 to 48 hours. When you remove the dressings do not replace it. There are no staples or sutures to remove. The paper strips, if placed, will come off on their own or will be removed at the first post-op visit. If there is any drainage or excessive redness around the wounds, please call the doctor.

Activity:

Please rest the day of surgery. No bending, lifting greater than 5 pounds or twisting until the first postoperative visit. The twisting and bending limitations are often continues after stimulator implantation so that you do not dislodge the stimulator lead. Limit the amount of stair climbing to twice per day. Do not do any prolonged sitting (greater than 45 minutes). If you are given a cervical collar, please wear it until the first post-op visit. You should not drive until seen by the doctor. You may shower on the second postoperative day, but keep the surgical site dry. No soaking in a tub/swimming until seen by the doctor. You may resume your normal diet.

Postoperative Discomfort:

It is common to have pain after any surgery. The stimulator will help treat the chronic pain but the acute, post surgical pain, is not treated with stimulation. Medication for the acute pain is provided on discharge from the surgery center or hospital. The medication will vary depending on the procedure performed. Make sure that we are aware of any allergies or reactions to pain medications. The stimulator is not activated at the time of discharge. There is swelling and fluid around the stimulator lead that prevents us from effectively programming the stimulator. This will done at the referring pain management practice. It may take a number of programming sessions for the stimulator to be properly programmed.

If you have any excessive swelling, pain or other symptoms you are concerned about, please call us.

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Postoperative Appointments:

Your first appointment will be 10 days to 20 days after the initial surgery. This will be routine visit and any further postop questions can be answered. The wounds will be examined and questions can be answered.

Asking questions is the best way to get information. Please feel free to ask questions about the surgery and what was done. We will try to explain in the best way we can to help you understand what your problem was, how it was treated and what you should expect.

Pain Medication:

We try to supply sufficient pain medication at discharge for the entire post-operative period. If you were referred by a pain management practice, they will supply any additional medication after the postoperative period. Should this not be the case, we will try to find alternative methods after the postoperative period to treat any residual discomfort.

Thank you,

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