DISCHARGE INSTRUCTIONS
Spinal Cord Stimulator Implant

Date: ____________________

☐ COURSE OF RECOVERY:
You are about to return home with a permanent Spinal Cord Stimulation System (S.C.S.) in place. As you know SCS works by delivering small electrical pulses to the spinal cord which block the sensation of pain. Instead of pain, you may experience a tingling sensation in these areas of your body. Most physicians and patients define successful SCS therapy as a decrease in pain.

☐ INSTRUCTIONS TO BE FOLLOWED:
1. After the procedure.
   ▪ You may continue your medication.
   ▪ If an anti-biotic is provided, please pick up from preferred pharmacy and take as directed.
   ▪ Restart your anticoagulant (blood thinning medication) on ___________, unless otherwise instructed by your surgeon or prescribing physician.
   ▪ Small dressings will cover your surgical wounds, follow your physician’s instructions regarding cleaning your wounds and changing your dressings.

2. You MAY experience a tingling sensation over the area of your pain following surgery. This will be depending on the type of SCS you had implanted. Not all SCS systems use parasthesia for pain control.
   ▪ The tingling sensation may increase when you lean back, bend your neck back, sit or lie down.
   ▪ The tingling sensation may decrease when you stand up.
   ▪ The tingling sensation may appear to stop when you bend your neck forward or lean forward.

3. For the next six (6) to eight (8) weeks:
   DO NOT
   • Sleep on your stomach.
   • Put your arms over your head.
   • Bend, twist or stretch.
   • Lift more than five (5) pounds.
   • Climb too many stairs. When you feel tired – stop climbing.
   • Sit too long in a chair. If you become uncomfortable, stop sitting and take short walks.
   • Operate motor vehicles, power tools or equipment while your stimulator is on.
   • Drive until your physician approves to reduce the risk of abrupt movements.

   DO
   • Sleep with a firm mattress which equally supports your legs and back.
   • Take sponge baths to avoid submerging and getting the incision wet until the stitches are removed.
   • Follow your physician’s recommendations regarding sexual activity.
   • Move your body without twisting your shoulders and hips.
   • Build up your physical strength by walking for brief periods of time each day.

4. Carry your spinal cord stimulation patient I.D. card with you at all times. In the event of an emergency or security system alarm you will be identified as a S.C.S. recipient.
5. A follow up appointment will be scheduled for approximately two (2) weeks from now. This is when your external system is programmed and further instructions will be given on your SCS system. Follow your physician’s instruction regarding return to work.
6. For 6-8 weeks post implant patients should expect to work closely with the health care team to achieve optimal settings and pain relief.
7. Comply with warnings and cautions regarding medical procedures, (e.g., avoid MRI’s ultrasounds, x-ray’s)
** SPECIFIC PROBLEMS TO WATCH FOR AND REPORT TO YOUR PAIN MANAGEMENT DOCTOR **

If you experience any problems please contact the office at (970) 242-0162
or after hours for on call physician

1. Elevated temperature over 101 degrees Fahrenheit.
2. Increased redness and swelling at surgical sites.
3. Drainage at surgical sites.
4. Opening of the wound.
5. Chills.
6. Loss of control of urine or stool.
7. Numbness/weakness of the affected extremity.

☐ OTHER INSTRUCTIONS: ____________________________________________________________

☐ NEXT APPOINTMENT: _____________________________________________________________

SCS implant discharge instructions reviewed and received:

Patient Signature Date Nurse Signature Date

Driver's Print Name Date Driver's Signature Date