

## NEUROMODULATION – PERMANENT PLACEMENT

### *Discharge Instructions*

#### Discomfort

- *After surgery pain is managed with oral medications. These may cause constipation, so drink lots of water and eat high fiber foods. Laxatives or stool softeners may be purchased without a prescription.*
- *Spinal headaches are caused by leakage of cerebrospinal fluid around the catheter or lead site. Lie flat and drink plenty of caffeinated non-carbonated fluids (e.g. tea, coffee).*
- *There can be accumulation of fluid and blood products that causes swelling (hematoma) at the implantation site on your hip. This will usually resolve on its' own, but please call the office if it results in significant discomfort or if there is drainage.*

#### Restrictions

- *Avoid these activities to prevent movement of the catheter/leads for the next 6 weeks:*
  - *do not bend, twist or stretch, or lift over 5 pounds*
  - *do not raise arms above your head*
    - *do not climb too many stairs or sit for long periods of time*
    - *do not drive a car with the stimulator on*
- *Housework and yard-work are not permitted. This includes gardening, mowing, vacuuming, ironing and loading/unloading the dishwasher, washer or dryer.*
- *Sexual intercourse may be resumed at any time as tolerated. Go slowly and avoid painful positions.*
- *Walking is really the only activity permitted. Start with a short distances during the first two weeks and then gradually increase to 1-2 miles daily, as tolerated.*

#### Bathing/Incision Care

- *Keep the incision area clean and dry.*
- *You may shower after 48 hours. Your dressing is shower proof. Do not take a tub bath or submerge yourself in water for four weeks.*
- *Inspect the incision line twice daily. You may lift the dressing to examine the incision and then reapply the same dressing. After 7 days remove dressing completely.*

- *If external sutures are present, they will need to be removed. This will be done at your follow-up appointment.*
- *Wear loose clothing over the incision site to maintain comfort and prevent skin irritation.*

**Things you will need to do after Permanent Stimulator Implantation:**

- Carry your Stimulator ID card at all times. You should show this to airport officials, etc. instead of going through normal security.
- Avoid procedures/devices such as MRI scans, diathermy, ultrasound, demand driven cardiac pacemakers, etc.
- Avoid driving motor vehicles or operating potentially dangerous equipment (e.g. power tools, etc.) when stimulator is ON to avoid the risk of sudden surge of stimulation.

**When to Call Dr. Rosenberg @ 816-363-2500**

- **If your temperature exceeds 100.5 degrees F;**
- **If the incision begins to separate or show signs of infection, such as redness, swelling, pain or drainage;**
  - **If your headache persists after 48 hours**
  - **Painful sensations; (Stop the stimulator and then call Dr. Rosenberg or Jane)**
- **Unusual changes in sensations or tingling that shifts away from the area of pain.**
- **Increased/increasing weakness that was not present before.**

***If you have any of these symptoms: sudden onset of leg weakness, muscle spasms, loss of bladder and/or bowel function or sudden severe back pain;***

***This is an emergency- go to the hospital and call Dr. Rosenberg at 816-363-2500. If he is not available, there will be a neurosurgeon who is covering for him.***

