

STEPHEN MARANO, M.D. JAMES COOK PA-C

PATIENT DISCHARGE INSTRUCTIONS FOLLOWING IMPLANTATION OF SPINAL CORD STIMULATOR GENERATOR

You will be discharged from the hospital on the same day as your surgery, after you are fully recovered. Make arrangements to be driven home. **DO NOT DRIVE YOURSELF!!**

You have a follow-up appointment in Dr. Marano's office on: _____.

Remember:

- The bandage over the side incision may drain a small amount of blood. This is normal; don't be alarmed.
- Keep incisions clean and dry. Cover with plastic wrap and tape when showering. Do not submerge incisions in a bathtub, pool or spa.
- Wear the abdominal binder at all times for the next 6 weeks, except when bathing.
- Finish completely the prescribed antibiotic which was begun at the trial.
- Minimize bending, twisting, or awkward positions of the mid- and lower-back.
- Avoid lifting more than: 10# 20# 30# for 6 weeks.
This is critical to prevent migration of leads, which will change stimulation patterns completely and require further surgery to correct.
- Be certain to review all warnings/precautions in the patient brochure accompanying your stimulator.
- Please call your referring physician to make an appointment for follow-up care.
- You can start to drive again when you are fully recovered from the anesthesia side-effects (1-2 days).
- After 6 weeks you can gradually resume activities, but continue to avoid strenuous and awkward positions of the back

Call our office if you:

- have a temperature over 101.5°
- are unable to urinate
- have increasing difficulty walking or using your legs
- have incisional pain that continues to increase rather than stabilize or improve
- have any drainage of pus from your incisions
- have drainage which completely saturates the bandage

For questions or programming changes with the stimulator unit, call:

- Taina (604-0652)
- Kane (520-0783)
- Stan (244-2434)

DO NOT STOP ALL USE OF PAIN MEDICATIONS IF YOU HAVE BEEN ON THEM FOR ANY LENGTH OF TIME!

If you have questions about your pain medications, contact your regular pain medication prescribing physician. If you have questions about your pain medications, contact your regular physician or call our office.