



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

## PATIENT DISCHARGE INSTRUCTIONS FOLLOWING SPINAL CORD STIMULATOR TRIAL

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!!!**

### 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 the bathtub, pool or spa.
- Do not allow wires to get caught on anything and pulled.
- Wear the abdominal binder at all times, except when bathing.
- Take the prescribed antibiotic until the prescription is completely finished.
- Avoid heavy lifting, bending, twisting, or awkward positions of the mid- and lower-back.

### Call our office if you:

- have a temperature over 101.5°F
- 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)

*Be sure to use this trial period to the fullest, by using as many programs and settings as possible. Pay particular attention to areas of pain not covered by stimulation, and have the stimulator reprogrammed as needed to cover all areas of pain.*

*You have one week to evaluate how well the stimulator unit works before deciding to implant the permanent generator, or to remove the leads if it is not helping significantly with your pain. You may use some pain medication to cover incisional pain, but try to deal with the majority of chronic pain with the stimulator instead of pain medication, if possible.*

**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.