



# Your Neurostimulator Implant

*Care instructions after surgery*

This handout gives instructions to follow after surgery when you have a neurostimulator implanted.

## When to Call the Center for Pain Relief

Call 206-598-4282 if you have:

- A fever higher than 100.5°F (38°C)
- Bloody drainage from your incision
- Increased swelling in the incision area
- Any open wound
- Pain that is not controlled by your pain medicine

## Activity

- Wear your abdominal binder or soft collar for 4 weeks. You may take it off while you are in bed or when you are sitting for a long time, such as while watching TV.
- Do not twist, raise your arms above shoulder level, or do any extreme lifting or bending for 4 weeks.
- Avoid strenuous physical activity for 4 weeks. We encourage you to do activities such as walking at an easy pace or light housework.
- You may shower 48 hours after surgery.

## Dressing

- Remove the dressing (bandages) after 48 hours.
- Gently clean your incisions 2 times a day with *Chlorhexidine scrub solution*. Do this for 7 days.
- Do not peel off the Steri-Strips (white tape). They will fall off on their own in 1 to 2 weeks.

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## Questions?

Your questions are important. If you have questions or concerns, call the Center for Pain Relief at 206-598-4282.

If you call the Center for Pain Relief after hours or on weekends and holidays, you will be directed to a nurse at the Community Care Line. The nurse will connect you to the Pain Doctor on call.

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## Medicines

- You have been given the antibiotic \_\_\_\_\_ .  
Take it as directed until all the pills are gone.
- For pain, take the pain medicine your doctor prescribed. Take it exactly as directed.
- You may resume your other usual medicines and supplements.

## Follow-up Visit

Return to the Center for Pain Relief in 7 to 10 days for a "post-op" (after surgery) visit. Your appointment is:

Date: \_\_\_\_\_ Time: \_\_\_\_\_

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**Center for Pain Relief**

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