



## **Hampshire Orthopedics and Sports Medicine Physical Medicine and Rehabilitation Post Procedure Instructions**

### **Spinal Cord Stimulator Permanent Implantation:**

1. Driving instructions: No driving while the stimulator is on. Have a driver for at least the day of and after the procedure.
2. On the day of the procedure, please do your usual daily activities. Please do not attempt to do "more" than you usually do if you feel "wonderful". Gradually you will be increasing your activity; however the day of the injection is not the day to start.
3. Put ice to the staple or suture site if desired 3 to 4 times per day for 2-3 days if needed.  
Ice 20 minutes on/ 20 minutes off/ 20 minutes on. (total Time 60 minutes).
4. No soaking/ bath tub/ hot tub/ Jacuzzi during the healing process for the first 3 weeks.
5. It is ok to sponge bathe/ wash cloth bathe during the first 3 days. Sink wash/washing the hair is ok to do. You may shower on day 4 and after. If the tegaderm bandage comes off before the 1<sup>st</sup> follow up visit, call the office for a replacement.
6. No strenuous lifting or pulling for the day after the procedure.
7. If you are prescribed medications for pain control or infection control (antibiotics), use exactly as directed by the prescription.
8. Call the office if a fever/chill develops.
9. Call the office if unexpected urinary or fecal incontinence occurs.
10. If difficulty breathing or swallowing occurs in the first 24-48 hours, immediately call 9-1-1/ EMS and go to the closest emergency department.
11. Generally the procedure sites may be sore, if this develops, Tylenol 1000 mg 3x/day or ibuprofen at 800 mg 3x/ day is sufficient to control the soreness.
12. If you have other questions call the office to discuss them.
13. Follow up in the office as instructed on the date selected by you.

Contact Nurse Triage: 413-586-8200, extension 135

Hampshire Orthopedics & Sports Medicine Inc.

4 West Street - West Hatfield, MA 01088  
(Tel) 413-485-6119 - (Fax) 413-485-6169