



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

### **Spinal Cord Stimulator Trial**

1. Driving instructions: Have a driver for at least the first 2 days.
2. Driving instructions: No driving while the stimulator is turned on.
3. 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.
4. Put ice to the injection 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).
5. Physical therapy generally is ok to do during the trial, unless indicated by the doctor.
6. No soaking/ bath tub/ hot tub/ Jacuzzi during the trial, it is ok to sponge bathe/ wash cloth bathe during the trial. Sink wash/washing the hair is ok to do during the trial.
7. No strenuous lifting or pulling for the day after injection.
8. If you are prescribed medications for pain control or infection control (antibiotics), use exactly as directed by the prescription.
9. Call the office if a fever/chill develops.
10. Call the office if unexpected urinary or fecal incontinence occurs.
11. 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.
12. Generally the injection site may be sore, if this develops, Tylenol 1000 mg 3x/day or ibuprofen at 800 mg 3x/ day is sufficient to control the soreness.
13. If you have other questions call the office to discuss them.
14. Follow up in the office as instructed on the date selected by you.

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

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