



SCS DISCHARGE INSTRUCTIONS

To help reduce lead movement and subsequent loss of stimulation, it is very important that you follow these activity precautions. Even small movements in the lead can produce significant changes in stimulation.

IMMEDIATELY AFTER THE PROCEDURE:

- Stay in bed for 2 hours. You may need to use a bottle / bed pan during this period of bed rest.
- Raise the bed head about 20 degrees for the first post-operative night to stabilise your spine.
- Don't over stretch, reach, bend or twist. Log roll in/out of bed, DO NOT use monkey bars.
- No showers or bathes during SCS trial and for 24 hours after permanent implant. Keep wound dry for 1 week.

FOR THE NEXT 2-3 DAYS AFTER SURGERY:

- Walk for brief periods keeping your back as straight as possible to prevent lead movement.

FOR 6-8 WEEKS FOLLOWING SURGERY:

- Avoid strenuous activities.

DO:

- Sleep with a firm mattress which equally supports your legs and back.
- Check temperature 3 times per day with a thermometer if you feel unwell. Report any fever above 38°C, wound redness or unexpected wound discharge. (Send photo to info@fpmx.com.au)
- Apply ice/cold packs at incisional sites to reduce bruising, swelling and discomfort for 2-3 days after your surgery. Expect some oozing from wound but report excessive or bright red bleeding.
- After implantation keep wounds dry, protect while showering and no tub bathes for at least 2 weeks.
- Follow your physician's recommendations regarding recommencing sexual activity.
- Obtain approval from your physician before having your spine manipulated by a chiropractor or physician (the manipulation may disrupt the position of the lead).
- Move your body without twisting by moving your shoulders and hips at the same time with a "log-rolling" movement. While in the hospital, you may need to ask the nurse to help you do this.
- Build up your physical strength by walking for brief periods of time each day or engaging in a physical therapy program per your physician's instructions.

DO NOT:

- Shower, tub bath or swim during the trial and do not shower for 24 hours after permanent implant.
- Stretch your arms over your head with the device turned on (It causes increased stimulation).



- Bend, twist, stretch, or lift more than 3 kilograms.
- Sleep on your stomach; sleep on your back or side instead.
- Climb too many stairs (ie., when you feel tired, stop climbing stairs)
- Sit too long in a chair (ie., when you feel tired, stop sitting).
- Drive for several weeks or per your physician's instructions to reduce the risk of abrupt movements or shifts in position that increase the risk of lead movement.
- Operate motor vehicles, power tools or equipment while your stimulator is on. Turn the stimulator off to reduce risks associated with sudden sensation changes.

EMERGENCY CONTACT

If you have any questions, concerns or problems, call (03) 9770 0522 during office hours. For after hours' emergencies, make your way to the nearest Hospital Emergency Department. Should you be unable to contact our clinic, please call your local doctor or if the problem is urgent attend the nearest Hospital Emergency Department.