

## **Dr. Walker's Post-Operative Patient Instructions for Spinal Cord Stimulator Implantation**

- Change bandage with sterilely wrapped 4x4 gauzes daily. Patient or caregiver should wash hands with soap and water before changing bandage.
- Some drainage may be expected on first dressing change but the bandage should not be saturated. Please call as soon as possible for severe drainage or worsening drainage or if the incision is beefy red. The incision should be completely dry by day 5. Do not wait until your next follow up to notify us for drainage. Do not try to remove the skin glue.
- Eat plenty of protein in your diet.
- Take a Centrum (or equivalent) multivitamin daily. Obtain at a pharmacy or drug store.
- If temperature is greater than 100.0F then take a Tylenol unless instructed otherwise by a health provider. If temperature remains elevated, then call our office or the on call neurosurgery PA at FirstHealth hospital.
- Call 911 immediately for any chest pain, moderate or severe shortness of breath, weakness or numbness of extremities, paralysis, severe worsening pain, confusion, chest pain, difficulty speaking, loss of control of bladder or bowels.
- OK to start taking brief showers (no baths) once the dressing are completely dry without any drainage for 24 hours. (OK to bird bath until then but do not get incisions wet). Limit shower to a few seconds of water on the incisions.
- Change bed sheets every 3 days and change the first day of surgery. Do not sleep with pets.
- No lifting, bending, twisting, sexual activity, or driving for 6 weeks. This helps prevent lead migration.
- Wear abdominal binder provided for the first 2 weeks.
- Contact your spinal cord stimulator representative if you feel that the stimulator is not providing the relief that it once was.
- Take pain medicine as directed. Do not overtake medication as prescribed without notifying us first. Call FirstHealth neurosurgery PA on call for concerns with medications. (910) 715-1000 or office (910) 715-8700.