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#### **DISCHARGE INSTRUCTIONS FOR STIMULATOR TRIAL**

1. Upon arrival at home, you may lie down for 1 to 2 hours. Then you may walk short distances and perform light activities. You may resume your normal daily activity tomorrow. Avoid lifting heavy objects (over 20 pounds). Do not drive until the following day.
2. Keep the site dry and inspect the site every day for the duration of the trial. Do not remove dressing. You may have a sponge bath, do not get dressings wet.
3. Some discomfort may occur at the injection site. You may:
  - Take antibiotics and over the counter pain medication such as Tylenol or Motrin or narcotic meds as prescribed.
  - Apply an ice pack for 30 minutes, 2 to 3 times a day for the first 24 hours.
4. **If you take aspirin or non-steroidal anti-inflammatory drugs.**  
(Motrin, Advil, Ibuprofen, Naprosyn, Voltaren, Relafen, etc.) - You may start the evening of the procedure.

**If you take a blood thinning medication, please discuss this with your primary care physician and your pain physician.** (Coumadin, Lovenox, Ticlid, Plavix, etc.) – You may not start until after the trial.

5. If you had IV sedation, try clear liquids first and if you are not nauseated, then advance diet as tolerated
6. **FOR NON-EMERGENCIES OR QUESTIONS PLEASE CALL 303-750-8100 Monday through Friday 8:00 A.M. to 5:00 P.M.**  
**After 5:00 P.M. or on weekends for the physician on call 303-750-8100**  
**Or, Call the facility where you had the procedure for the physician on call.**

**Call the Pain Medicine office at 303-750-8100, if you are experiencing the following:**

- Severe back pain
  - Severe Headache that does not go away with medicine, is worse when sitting or standing up, and is greatly relieved upon lying down. The headache may also be associated with nausea and/or vomiting.
  - Chills or fever (101°F, 38.5° or greater).
  - Redness, swelling, tenderness, or drainage at the injection site, or new onset of radiating pain to a different location of your body.
  - If you are not experiencing adequate stimulation and reprogramming is needed.
  - Inability to move arms or legs.
7. **If you are experiencing the following, proceed immediately to an emergency room to have your back scanned for possible spinal cord bleeding:**
    - High Fever
    - Sensory loss in the groin or rectal area
    - Sudden loss of strength or function in the arms/legs
    - Sudden chest pain/ shortness of breath
    - Severe lethargy, seizures, or new onset of confusion
    - Unable to urinate, or loss of bowel or bladder control after injection

8. A nurse may call you within one week. If not, please call our office to inform us of any concerns and your level of pain relief. Note the degree of pain relief, especially on the day of the procedure.
9. An appointment is needed 7-10days after your procedure to remove the leads.

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303-750-8100