

Discharge Instructions: Spinal Cord Stimulator Trial
Dr. Douglas Hunter
Olympia Orthopaedic Associates
360-786-8990

To help reduce lead movement and subsequent loss of stimulation, it is **very** important that you follow the activity precautions listed below.

DO NOT

- Put your arms over your head, raising your elbows above your ears
- Bend, twist, stretch, or lift more than five pounds (equal to a gallon of milk). Activities such as swinging a golf club, baseball bat, or fishing rod are not recommended due to the twisting motion of the spine during such activities.
- Sleep on your stomach; (sleep on your side or back instead)
- Shower; (you can do sponge bath, but do not get the dressings wet)
- Remove the original dressing on your back.
- Tug on the wire or gray screening cable at the exit site.
- Engage in sexual activity
- Have your spine manipulated by a chiropractor or physician

DO

- Use a log-roll movement when getting out of bed.
- Build up your physical strength by walking for brief periods of time each day or engaging in low level activities approved by your physician
- Expect some discomfort around the implant site. This is normal and will improve over a few days. If you get increasing pain and/or excessive discharge at the implant site, call your doctor.
- Follow your physician's instructions regarding pain medication.
- Keep a log for the purpose of determining your response to SCS.

Contact Information

- If you have any technical questions regarding your system, please contact the Nevro Representative listed below:
 - Katrina 267-342-1721
 - Brady (360) 310-2609
 - Therapy Support (844)-331-1001

If you should have any urgent medical questions regarding your trial, please contact Dr Hunter at his office (360) 786-8990 or (800) 936-3386 or 911 if you have a medical emergency

Lead Removal/Clinic Appointment

Date Scheduled: _____

Medications

Do not resume blood thinners until after the leads are removed unless otherwise instructed by your physician.

Signature of Responsible Adult

Physician Signature

Date