

INTRATHECAL DISCHARGE INSTRUCTIONS:

Discharge Instructions:

1. Keep your wound site clean and dry. Do not shower or tub bathe for four days following implant. It is OK to sponge bathe. You may apply ice pack wrapped in a towel on your surgical site to help reduce swelling and discomfort.
2. Avoid stretching, bending, pulling, twisting and sudden movements. Do not bend or twist at the waist. Do not raise your arms above your head (it is ok to brush your hair or scratch your head but nothing higher than that). This could cause your catheter to move from its current position or become disconnected.
3. Do not lift more than five pounds. Remember, a gallon of milk weighs more than eight pounds, so that too heavy. Ask for help.
4. Take all medications exactly as directed by your physician. Do not attempt to take yourself off any of your pain medications, even though your pain is improving. This process needs to be carefully coordinated by your physician. Take any antibiotics that you were given, exactly as directed, until finished.
5. Monitor your incision site for any signs of infection. Watch for increased redness, excess swelling or drainage, chills/fevers, continued or worsening pain at the site after three days.
6. **To prevent a headaches, lay down flat for 24 hours post op. Drink caffeinated drinks preferably. If the lumbar spine should leak, call Dr. Verdolin immediately.**
7. Do not drive or operate equipment until you know how the intrathecal medications will affect you. Dr. Verdolin will inform you when you can begin to drive again.
8. The lumbar spine and pump pocket sutures will start to come off seven days after surgery. Do not rub, pick at or apply any creams to the incision

site.

9. Do not have your spine manipulated by a chiropractor or another physician.
10. Please contact Dr. Verdolin if any doctor tells you that you need to have an ultrasound or MRI.

THE RESTRICTIONS ARE IN PLACE FOR THE NEXT SIX WEEKS (OR
LONGER IF DETERMINED BY DR. VERDOLIN)

If you have any questions or concerns, please contact Pain Consultants of San Diego at
(619) 625-114