

SPINAL CORD STIMULATOR TRAIL

 Pain Consultants
of San Diego

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DISCHARGE INSTRUCTIONS:

Wound care for spinal cord stimulator trial: Keep your wound site clean and dry. Do not remove bandage. Do not shower or bathe during the trail. You can sponge bathe.

Wound care for permanent placement of stimulator: Keep your wound site clean and dry. Do not remove bandages for four days. Do not shower or bathe for four days. It is OK to sponge bathe. You may apply an ice pack wrapped in a towel on your surgical site to help reduce swelling and discomfort.

No lifting, twisting, or turning. Avoid stretching, being, pulling and sudden movement. Do not bend or twist at the waist. The stimulator can be on at night. Beware that stimulation may become uncomfortable, if you twist or turn during sleep.

Do not raise your arms above your head. This could cause your electrode wires (leads) to move from their current position. It is ok to brush or scratch your head.

Do not lift more than five pounds. Remember a gallon of milk weighs more than eight pounds. Ask for help.

Take all medication exactly as directed. Do not attempt to take yourself off any of your pain medications even though your pain may improve. This process needs to be carefully coordinated by Dr. Verdolin. It is important to take antibiotics exactly as directed until they are gone.

Monitor your incision site for any signs of infection. Watch for increased redness, excess swelling or drainage, continued or worsened pain at the incision site or fever/chills. Contact Dr. Verdolin immediately if you have a temperature of 100.5 degrees or greater (telephone listed below).

Movement may cause changes in stimulation intensity. For example, you may notice change in stimulation when you stand, sit or lie down. This is normal during the first several weeks following implant and will stabilize after that time.

Do not drive/operate any vehicle, equipment or power tool while your stimulator is on. If you need to use any of this equipment, you must first turn your stimulator off. You may use your stimulator as a passenger at anytime.

Do not have your spine manipulated by a chiropractor or another physician without first speaking to Dr. Verdolin.

Please contact Dr. Verdolin if any doctor tells you that you need to have an ultrasound of MRI. EMERGENCY QUESTIONS DURING REGULAR OFFICE HOURS: Call (619-625-1144

Restrictions are for the next six weeks or longer if determined by Dr. Verdolin.