



# Dallas Neurosurgical & Spine

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## Spinal Cord Stimulator: Post-Operative Instructions

### Incision Care

- Keep your incisions dry until your post-operative office visit if staples were used to close the skin. Cover with water-proof guard when showering. Following shower, change bandage, using dry gauze and tape.
- If medical glue has been used to close the skin incisions, you may shower and get the incisions wet. Pat incision dry with a clean towel.
- No tub baths

### Pain Management and Medications

- Apply ice pack to surgical site for 20 minutes 3 times a day as needed, continue using ice for first 48 hours.
- You will be given a prescription for pain medication, to be used for incisional pain, when you leave the hospital.
- Take as directed on prescription bottle.
- Any additional pain medications should be handled by your pain management physician.
- Do not drive, operate machinery or drink alcoholic beverages while taking your pain medication.
- Medications may be refilled, if necessary, during regular business hours:
  - Monday-Thursday 8:30-5:00
  - Friday 8:30-12:00
- In general, refills will not be made after hours or on weekends, so please plan ahead.

### Activity

- Avoid excessive forward bending or twisting at the waist.
- Avoid lifting over 5 pounds until released by your physician.
- If your leads are in your neck or back of your head, avoid excessive movements of your head and neck.
- Avoid driving until after first post-operative office visit.
- You may walk to your tolerance, avoid running or jumping

### Call Our Office if:

- You experience excessive pain, excessive swelling or excessive drainage from your incision, fever of 101 degrees or higher.
- You experience pain with use of your stimulator device or have difficulty with stimulator use, please call during regular office hours

### Follow-up Appointment

- Please call our office, 214-750-3646, to schedule your follow-up appointment.
- This appointment will be made for 10-14 days after surgery.
- If you have staples, they will be removed at this appointment.