



Spinal Cord Stimulator (Trial) Discharge Instructions

Summary of Procedure:

A spinal cord stimulator trial was conducted to evaluate its effectiveness in reducing your chronic back and leg pain. Electrodes were placed along your spinal cord to deliver mild electrical impulses, which help block pain signals before they reach the brain, providing pain relief.

Following the Procedure:

- **Temporary Relief:** You may start to feel the effects of the spinal cord stimulator within a few hours. Full relief may take a few days as you adjust to the stimulation.
- **Sensation Changes:** Some patients may experience mild tingling or a sensation of warmth. Take extra care when engaging in physical activities to reduce the risk of injury. Do not drive or operate machinery for the remainder of the day.
- **Activity Restrictions:** Avoid heavy lifting or strenuous activity for the next 24-48 hours.
- **Dressing Care:** If there is soreness at the electrode sites, a cold compress or ice pack applied for a few minutes may help. Slight bruising or tenderness is normal. You may remove the dressing/band-aid from the sites in 24 hours.
- **Medication and Diet:** Resume your usual medications as previously prescribed and continue your normal diet.

When to Contact Us or Your Physician:

- **Fever** greater than 101 degrees Fahrenheit
- **Persistent, severe headache**
- **Excessive redness, warmth, or discharge** at the electrode sites
- **New or worsening back pain**
- **Difficulty breathing or swallowing**

Emergency:

If you are experiencing a medical emergency, please go to the nearest emergency room immediately. For any concerns or questions, please contact Vitruvian Health at (616) 841-2615 or your primary care physician. Your health and safety are our top priorities.

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