

**Post Stimulator Trial
Discharge Instructions**

Diet: You may resume your pre-procedure diet.

Medications:

- Resume your previous medications.
- If you normally take blood thinners (i.e. Plavix, Aspirin, Coumadin, Ibuprofen, Pradaxa, etc.), please do not restart until your stimulator has been removed.

Treatment: May apply ice to the procedure site for 10 to 20 minutes every two hours if needed.

Activity:

- If driving, please **turn off** stimulator.
- Light activity for the remainder of the day. Resume normal activity the following day.
- No baths, hot tubs, pools, or submerging the procedure area until the temporary stimulator is removed.
- After removed, you may shower that day, but please do not submerge the area in water for an additional 3 days.

Call your surgeon if:

- You notice fever or chills and have a temperature of over 101 degrees.
- If you experience bleeding or swelling at the injection site.
- Your injection site turns red and/or starts to drain.
- You develop severe pain, severe headache, numbness, itching, or rash.
- If after office hours, go directly to the emergency room.

Patient/Significant other understands these instructions: Yes No

Discharging Nurse: _____

Patient/Significant other signature: _____

Next Appointment: Date: _____ Time: _____

Procedure to be done: _____ with Dr. _____

***If any problems with appointment date/time, or if you need to cancel your appointment, please call 301.797.9240 during regular business hours.

24 Hour Office Phone Number: 301.797.9240

Office Website: www.pnsi.org