



Spinal Cord Stimulator Instructions

- Continue your regular medicine.
- **Do not drive with your stimulator on**, if you need to drive during this trial period, turn it off first.
- Keep the dressing on your back clean and dry
- **Do not shower during the trial period**, you will need to sponge bathe
- Walking, standing, and sitting are permitted to tolerance, noting the effectiveness of the stimulator
- **Do not do any bending or stooping**; move as a unit
- **Do not lift anything over 5 to 8 lbs.**, i.e. gallon of milk
- Use the stimulator as much as possible in order to evaluate it's effectiveness
- Maintain the pain diary given to you, noting how the stimulator worked with increase activity, like walking or standing
- If soreness at the insertion site or any injection site, you may use ice for the first 24 hours. After 24 hours, you may then apply heat, if needed. Call **PainCARE** and report any signs of redness, swelling or drainage from the insertion or injection sites.

What do I need to know for my next appointment?

- Come 15 minutes before your next appointment.
- **Bring your pain diary** so we can evaluate how you are doing
- We will discuss how the trial is going and answer any questions you may have
- On the second return visit, the electrodes will be removed