



DESERT PAIN AND SPINE

Spinal Cord Stimulator Trial

Introduction:

The following information will help you after your spinal cord stimulator trial. Please review this information before leaving your appointment. Talk with your health-care provider about your questions and concerns.

Discomfort:

For 24 to 48 hours after your injection, the injection site may be slightly tender

Diet:

Resume your usual diet. If nausea occurs, limit your intake to clear fluids. Advance to solid food when symptoms subside.

Restrictions:

Do not to drive Do not lift anything over five pounds. Do not lift your arms above your head. Avoid bending and twisting. Restrict any moderate to intense physical activity during the trial period. Restricting your movement will help to ensure the leads to stay in place. Light activities such as walking may be encouraged during the trial period to test the effectiveness of the stimulator to control your pain. Wear loose, easy-to-remove clothes during the trial period.

Bathing:

No showering or bathing is allowed during the trial period. A sponge bath daily as needed is acceptable.

Call the doctor for:

High fever (A temperature higher than 100.4 degrees Fahrenheit).

Your injection site becomes red, swollen, tender or warm.

You develop significant numbness or weakness in your extremities or lose bladder or bowel function.

617 E Riverside Dr #301
St. George, Utah 84790
Tel (435) 216-7000

340 Falcon Ridge Parkway Bldg #60
Mesquite, NV 89027
Tel. (702) 346-5037

1760 North Main St. #220
Cedar City, Utah 84721
Tel (435) 238-7000

48 S 2500 W #110
Hurricane, Utah 84737
Tel (435) 216-7000