



Scott J. Loev, D.O.
Jeffrey S. Berger, D.O.

THE SPINE & PAIN CENTER

1534 Park Avenue, Suite 310
Quakertown, PA 18951

Phone: (215) 538-6430
Fax: (215) 536-3258

SPINAL CORD STIMULATION / PERIPHERAL NERVE STIMULATION TRIAL INSTRUCTIONS

POST SEDATION INSTRUCTIONS

- You may feel groggy for up to **24** hours.
- **DO NOT DRIVE**, or operate machinery today.
- **DO NOT** sign legal documents for **24** hours.

ACTIVITY RESTRICTIONS DURING THE TRIAL PERIOD

- Do not drive with the SCS "on".
- Do not bend or twist at the waist.
- Do not lift anything that weighs over 5 pounds.
- Keep the dressing dry. Do not shower. (Sponge baths only)
- When you lie down, "log roll" (keep spine aligned) to change positions. Do not sleep on your stomach.
- Wear the abdominal binder all the time.
- Limit stair climbing and strenuous activity.

CARE OF THE INJECTION SITE

- **CHECK THE DRESSING DAILY.** It should be intact.
- Notify the Spine and Pain Center if you have any of the following: redness, drainage, swelling, chills or fever over 100°F degrees.

SPECIAL INSTRUCTIONS

- Take your temperature daily.
- The programmer box is expensive. **DO NOT** drop or get wet.
- Do not pull on the cable or leads. Do not disconnect the cable and lead.
- Do activities that normally cause you to have pain and try different programmer settings.
- Record the results in the log for an accurate trial.

MEDICATIONS

- Continue to take all routine medications.

If you have a problem specifically related to your procedure, please call our office at (215) 538-6430. Problems not related to your procedure should be directed to your primary care physician.

Contact the company representative with any questions regarding settings or operation of the external programmer box.

THESE INSTRUCTIONS HAVE BEEN REVIEWED WITH ME.

PATIENT SIGNATURE

NURSES SIGNATURE

DATE