

POST-OPERATIVE INSTRUCTIONS

for InterStim surgery

POSTOPERATIVE PERIOD

You may shower starting two days after surgery. Do not take baths for one week. Wash the incision with soap and water and pat it dry. Do not apply cream or ointment to the area. A small amount of blood on the dressing is normal. Discomfort at the operative sites and generalized aches are normal for the first few days. Rest and use cold packs to the incision for 20 minute intervals if necessary.

ACTIVITY LIMITATIONS

Limit your physical activities for 2 weeks. This includes:

- No heavy lifting or vigorous exercise
- Avoid bending at waist. If you must bend, bend at the knees
- Avoid excessive twisting
- Avoid scrubbing floors, vacuuming, heavy housework, flipping mattresses
- No sexual relations for two weeks
- When moving to and from the bed/ couch /car, etc., try not to slide across the surface

Perform your 24 hour voiding diary as instructed and bring to your follow up visit. We will provide you with the diary and collection device. Try not to alter your normal routine (diet, fluid intake, caffeine, alcohol and medications) during the trial period. Take all medications – antibiotics, pain meds, stool softener, etc - as prescribed.

STIMULATION NOTES

The implanted neurostimulator is located in your upper buttocks. The neurostimulator is connected to a wire in your lower back called a lead. The neurostimulator and lead parameters will be programmed after the surgery. You will be instructed on the proper use of your patient programmer which allows you to turn the neurostimulator ON or OFF, increase or decrease the amount of stimulation, and change programs based on settings programmed into your programmer.

The stimulation should feel similar to your test stimulation. Although the lead is secured in place, it may move slightly as you change positions, causing stimulation to become more/less intense, and/or change locations. You may need to adjust the stimulation amplitude accordingly. **DO NOT MAKE MORE THAN ONE INCREASE IN AMPLITUDE EVERY FEW DAYS.** If you are pleased with the results of your stimulator, do not make any changes. However, you may turn the stimulation up and down, on and off or change programs; a programmer manual will be provided to you. The amount of stimulation is under your control. Stimulation should be on 24 hours / day. If stimulation becomes painful, turn down the stimulation amplitude or turn off the stimulator and call the office.

You will receive a personalized implant identification card in the mail within one month of the surgery. If you do not receive this card please call the Medtronic representative.

BATHING

You may shower starting two days after surgery. **DO NOT** take baths. Wash the incision with soap and water and pat it dry. **DO NOT** apply cream or ointments

MEDICATIONS

You will be sent home with several prescriptions as you are discharged from the hospital.

1. Finish all of your antibiotic medication. Usually, patients are discharged to home with several days of Levaquin, Cipro or Sulfa- antibiotic. Do not skip any doses. If you miss a dose, resume your regular dose the next time and complete the entire course of treatment.
2. Stool softeners or Sennalax are recommended after surgery for 30 days to prevent constipation.
3. Use the prescription pain medication as prescribed for any pain. You **DO NOT** have to take this medication if the pain is tolerable. Ibuprofen (Motrin, Advil) 600mg three times daily with food is recommended to relieve pain and swelling. Ibuprofen **may** be started after discharge and should not be used if any contraindications to ibuprofen exist. Be sure to get these filled prior to going home. You may not experience any discomfort at the time of discharge, but it is not unusual for patients to have an increase in pain 3-5 days after surgery as your activity increases. Pain medication should be taken as needed for comfort. If a laxative is necessary, use a mild one such as Milk of Magnesia, Senekot, Metamucil or Fleet Enema. If you are on medications at home, you should resume them unless otherwise instructed by Dr. Thompson.

In the future, keep in mind:

- **AVOID MRIs** (although MRIs of the head are allowable) unless you have a newer MRI-compatible device

You may have CT scans, x-rays, fluoroscopy, diagnostic ultrasound

- Avoid Diathermy, energy from diathermy may cause damage to tissue and neurostimulator
- Shut off your neurostimulator when you drive a vehicle or operate heavy equipment unless you have been comfortable at a certain setting
- Avoid massage treatments in the sacral and buttock area
- Use care when near theft detectors and security devices (found in airports, stores and libraries). Shut your stimulator off and show your identification card if necessary.
- Trauma to the neurostimulator can cause the device to malfunction.
- Use of high-output ultrasonics or lithotripsy is not recommended. If lithotripsy (crushing of stones in the urinary tract with sound waves) must be used, focus beam at least 6 inches from neurostimulator
- Keep your programmer with you when visiting the Urology Office; **BE SURE YOU HAVE WORKING BATTERIES IN THE PROGRAMMER FOR EVERY VISIT**

EMERGENCY CONCERNS

Call Dr. Thompson if:

Fever- You have a fever greater than 101.5° F

Wound- Your wound opens or you can see any of the components of your prosthesis

Pain- Pain not controlled with maximum dose of prescribed medication and rest

Nausea/Vomiting- It is normal not to have a full appetite after surgery. However, if you have persistent nausea/vomiting and you are unable to take clear liquids, notify your surgeon.

Please call Contact Dr. Thompson or one of her associates at (916) 262-9386