



InterStim Stage 2 and Complete Implant Post-Operative Instructions

1. You will go home with prescriptions for an antibiotic, pain medications, and a stool softener. Take the antibiotic medication as instructed until it is gone. Take the pain medication as instructed to keep yourself comfortable. **Do not** drive as long as you are taking the prescription pain medication. You may switch to Tylenol when pain level decreases.
2. You may resume your regular diet. You may want to drink extra fluids for a few days -pain medication often contributes to constipation.
3. Restrict your activities for the first week or more. Your body needs time and rest to heal. Generally, you can return to work in one week with the restrictions noted below. These restrictions will continue until released by your physician:
 - 15 lb. lifting, pushing, pulling restriction
 - No bending over from the waist to the floor
 - No twisting at the waist or reaching high overhead
 - Any movement that brings the knees close to the chest stretches the lower back and can cause the implanted lead to move out of place.
4. You may remove any dressings over your incisions after 48 hours and you can shower. No tub baths, hot tubs or swimming pools until released by your physician.
5. Infection can occur any time the skin is opened. Signs of infection include: fever over 101°, foul smelling drainage from any of the incisions, increased pain, redness or swelling over any of the incisions. If you suspect infection, seek medical care immediately at the clinic or at an Urgent Care/Emergency Room.
6. **NO MRI without discussion with your urologist.** The energy fields from the MRI can change the stimulator settings, damage the stimulator or lead wire and/or cause injury to the patient depending on the type of MRI. You MAY have CT scans, X-rays, fluoroscopy and diagnostic ultrasounds. Ultrasound scanning should not be done over the stimulator or implanted lead, however.
7. **NO short-wave diathermy, microwave diathermy or therapeutic ultrasound diathermy treatments.** Energy from the diathermy equipment can cause tissue damage at the location of the implanted electrodes and can also damage the system components. **This can happen whether the stimulator is “ON” or “OFF”.**
8. **NO massage treatments or chiropractic adjustments in the sacral area where the lead is implanted or the buttock area where the IPG is implanted.** The lead wire or the connections may be damaged. The lead wire or the IPG could be moved out of place.

9. If you have an EKG, other heart related testing or an electroencephalogram (EEG), turn your stimulator off for the duration of the procedure. The stimulator may interfere with the ability of the testing equipment to get a readable tracing.
10. If you have any kind of surgical procedure, turn your stimulator off. The cautery used during surgery can change the programming of your stimulator. You may turn the stimulator back on when the surgeon gives his approval.
11. Exposure to high output ultrasonic frequencies such as lithotripsy (a treatment for kidney stones) may damage the stimulator circuitry. If this treatment is necessary, do not focus the beam near the stimulator or the lead.
12. High radiation sources such as Cobalt 60 or Gamma Radiation should not be directed at the stimulator. Place lead shielding over the device to prevent radiation damage.
13. Home appliances that are in good working order and properly grounded do not usually produce enough electromagnetic interference to interfere with stimulator operation.

You have an appointment in the clinic for a wound check in approximately two to three weeks. The clinic is not open after 5:00 p.m. or on weekends.

- There is a physician on call at all times for emergencies.
- Our department phones have 24-hour voice-mail. Please call and leave a message. We will return your call on the next business day.
- If there is a problem with your stimulator or programmer that cannot be resolved by changing the strength of the stimulation or changing the program, turn it off and leave a message. You will be contacted on the next business day.
- If you have having pain, fever or drainage from your incisions, call the office.