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Discharge instructions Following Sacral Nerve Stimulation (PNE) 1st Stage

General Expectations:

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, take your pain medication, and use cold packs which can be applied for 20 minute intervals while awake for the first 2 days. The antibiotics are to prevent an infection around the wire or in the incisions. You will be given enough pain medications after the first procedure to take for both procedures.

A representative from Medtronic, (the company that makes the device) will review with you how to use the devices and help troubleshoot any issues from the technical side. They are reachable by phone and will help with any technical questions (the equipment is not working; you do not feel the stimulation anymore)

Limit your physical activities. This includes:

No heavy lifting 20lbs or vigorous exercise

Avoid bending at waist or twisting. If you must bend, bend at the knees

Avoid scrubbing floors, vacuuming, heavy housework, flipping mattresses

No sexual relations

When moving to and from the bed/ couch /car, etc., try not to slide across the surface

Do not change the dressings. If necessary, you may reinforce the existing dressing with tape. It is very important to keep the dressing dry and in place. No showers or soaking in a tub. Taking sponge baths is the safest way to stay clean between the two procedures.

Perform your voiding diary prior 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.

Complications:

Call us if you experience any of the following:

1. Temperature above 101.5 (taken by mouth)
2. Continuous bladder spasms (Severe urge to urinate)
3. Inability to urinate or if the indwelling catheter is not draining urine





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Constipation: This is a common side effect of pain medication. Take stool softener as instructed after your procedure. **For constipation longer than 48 hours:** drink ½ bottle of magnesium citrate. If no bowel movement after one hour drink the other half of the bottle. If no bowel movement after magnesium citrate, use a Fleets enema.

Restrictions:

NO MRI. You may have CT scans, x-rays, fluoroscopy, diagnostic ultrasound. Shut off your neurostimulator when you drive a vehicle or operate heavy equipment. 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 is bad and may 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 at all times

Medications:

Take all medications as directed

When taking pain medications, you may experience dizziness or drowsiness.

Do not drink alcohol or drive when you are taking these medication.

If you are given an antibiotic to prevent urinary tract infection, it is important to finish the medications as directed.

Stool softener: Take a stool softener while on pain medicine so you do not get constipated. We recommend Colace 200mg twice daily and Senna 2 tabs daily.

Follow up:

Please follow up on:

Call us at 404-400-3120 with any questions or concerns.

