

Chronic Pain Discharge Instructions Spinal Cord Stimulator Trial: Emory Pain Center

- 1) Resume all regularly prescribed medications as scheduled.
- 2) Resume your regular diet
- 3) Dressings:
 - a. Do not remove dressings, as your physician will do this with the clinic follow-up
 - b. Keep dressings as dry as possible to avoid peeling off
 - c. Do not immerse incisions/dressings under water, i.e., no sitting baths or showers until cleared by your physician. You may take a sponge bath, only cleaning around the dressings, but keep the dressings dry
- 4) Activity:
 - a. No bending at the waist beyond 90 degrees, i.e., don't bend beyond sitting in a chair
 - b. No twisting at the waist
 - c. No raising arms above the head
 - d. No lifting objects greater than 5 lbs.
- 5) Post-Operative Pain Control Strategies for Implanted Devices (disregard for stimulator trial):
 - a. See prescriptions, if any, provided for post-operative pain, and only take as prescribed
 - b. If you have been prescribed opioids, taper off as soon as possible
 - c. Okay to take acetaminophen 650 mg 4x/day once off prescribed opioids
 - d. Okay to take ibuprofen 400-600 mg 4x/day or naproxen up to 500 mg 2x/day after 2nd post-operative day
 - e. Okay to apply ice in a zip lock bag and wrap in a towel to incisions for 20 minutes every 1-2 hours, but please be careful to keep dressings dry at all times.
 - f. If prescribed medications and/or over-the-counter pain medications and ice are not adequate enough to control surgical pain, please call your physician's office (404-686-2410) during office hours for further instructions on surgical pain management strategies.
- 6) Emergencies to immediately contact your physician's office (404-686-2410) (after hours, the answering service will page the on-call physician):
 - a. If you experience increasing surgical site pain
 - b. If you notice swelling, redness, bleeding, or drainage from the surgical sites, or dressings have become saturated (not staying dry), or you are experiencing fevers.

- c. If you experience neurological changes different from your baseline, i.e., arm or leg numbness/weakness/stiffness/pain, or balance problems, or difficulty with control of bowels/bladder

7) Follow up:

- a. First post-operative clinic follow-up on 12/21/2022 - > will call to confirm

If any instructions above need further clarification, please contact the Emory Pain Center (404-686-2410) to speak to one of our nurses.