

SPINAL CORD STIMULATOR POST-OP RESTRICTIONS

These restrictions are for during a trial of spinal cord stimulator as well as for 6-8 weeks after an implant.

- Do not **bend** (example – tying your shoes); bending at the knees is allowed
- Do not **stretch** (example – vacuuming, reaching for something when it drops)
- Do not **twist at the waist** (example – looking behind you, especially in the car)
- Do not **climb**
- Do not **lift more than 5 pounds** (weigh purses – many are over this limit, a gallon of milk weighs 8.59 pounds!!)
- Avoid sleeping on your stomach
- When Dr. Murphy allows you to drive, the stimulation must be turned off
- Do not **put your arms up over shoulder level** (example – washing and curling hair, arms over shoulder level while sleeping, reaching for items on upper shelves)

These restrictions last for 6-8 weeks after the implant of the battery. The driving restrictions are permanent. The better you are able to follow these restrictions, the better the leads will scar into place with less likelihood of the leads moving. If the leads move your stimulation may change, giving you less coverage of your painful areas, and you may require additional surgery to replace the leads correctly. After 6 weeks you should not lift more than 25 pounds of weight.

Additional Information

- The patient programmer is operated with a 9-volt battery that will probably only need to be changed once every 2-3 months
- Avoid theft detectors (they are in many stores, libraries, airports). Turn the stimulation off before passing through the theft detector, and then turn back on once you have gone through.
- Avoid operating power tools
- With the battery implanted, you should avoid MRI's, Diathermy (therapeutic heat treatment), or implanted pacemakers or defibrillators.
- You should let all Dr's and Dentists treating you know you have an implanted device