



NON-SURGICAL SPINE INTERVENTION

6188 Oxon Hill Rd., Suite 100
Oxon Hill, Maryland 20745

Tel: 301.567.2100

Fax: 301.567.2399

PREPARING FOR YOUR TRIAL PROCEDURE

Patient Name : _____
Procedure Date : _____ Time : _____
Location : _____
Doctor's Name : _____ Phone: _____

What to do

- Arrange for transportation home from the procedure
- Stop smoking at least 24 hours before the procedure
- Stop eating 12 hours before the procedure (time may vary; consult your doctor or anesthesiologist)
- Remove nail polish
- Avoid use of powders, lotions or perfumes
- Bathe or shower before leaving home
- Notify doctors of any medications you are taking, allergies you may have, or past reactions to anesthesia

What to wear

- Loose-fitting, comfortable clothing
- Sturdy shoes that you can slip on and off

What to bring

- Your insurance card
- Any related medical records
- A book or magazines

Note: *If you have question(s) please call us at 301 567 2100, we will endeavor to answer all your question(s) prior to the procedure.*

Post-Trial Implant Instructions for SCS Patients

During the Trial Period

In order to have a successful trial, follow your physician's orders and instructions at all times, and unless your physician tells you otherwise, follow the guidelines below.

Do

- Follow your physician's orders regarding activity
- Continue normal activities – especially activities that cause familiar pain
- Build up your physical strength by walking for brief periods each day
- Sleep on your back or side on a firm mattress that supports your back and legs equally
- Use caution when changing positions
- Move your body without twisting by moving your shoulders and hips at the same time

Do Not

- Reach, bend or stretch
- Lift more than five pounds
- Pull on the trial cable(s) or leads
- Disconnect the trial cable from the lead
- Drive with the system on
- Operate vehicles, machinery, or power equipment with the transmitter on
- Climb many stairs
- Sleep on your stomach

To promote healing of your wound

Small dressing (including adhesive strips) will cover your wounds. To promote healing of your wounds, do the following:

- Follow your physician's instruction regarding wound care
- Take sponge baths and avoid getting the dressing wet
- Call your physician if you notice any of the following symptoms of an infection:
fever, chills, increased pain in your incision, excessive drainage, pus or redness

Note: *If you have question(s) or concern(s) you may call us at 301 567 2100*