

InterStim Therapy for Urinary Control

InterStim Staged Test Post-Operative General Instructions

You will go home the same day as surgery after you are feeling well enough to leave following your connection to the external stimulator box.

The stimulator box is connected to a cable; the cable is connected to the implanted lead in your back. There are four stimulation points (electrodes) on the lead. If the initial electrode setting does not relieve your symptoms, other sites may be tried. Adjustments of the electrode sites will be performed either in the office or over the phone.

There should be no tension on the lead from your back. Do not pull on it and keep it taped securely to the exit site. The stimulation should feel like pulsing, vibrating or tingling. Although the lead is secured in place, it may move slightly as you change position, causing stimulation to top, become more/less intense, and/or change locations. You may need to adjust the stimulation accordingly.

The amount of stimulation is under your control. The stimulation should be as high as possible without being uncomfortable. You should feel the stimulation 24 hrs/day.

Stimulation is adjusted by turning the Amplitude knob (white A knob) on the stimulator box.

You may turn the stimulation up and down, on and off. Do not adjust the taped knob.

Stimulation should be on 24 hrs/day and should always be felt. **If stimulation becomes painful, turn the stimulation down. If this does not relieve the pain, turn the box off and call your physician.**

The white line is the “marker” reading for on/off, and increasing/decreasing the amplitude.

If you are unable to feel the stimulation:

- Try increasing the amplitude.
- Turn the amplitude off, wait 10 seconds, and turn in on again.
- Is the green light flashing on the stimulator box when it's on? If not, change the 9V battery in the stimulator box (Energizer batteries preferred)
- Check the two connections: (1) connection from lead in back to external cable; (2) is the external cable plugged properly into the stimulator box? Did it click in?
- If unable to restart stimulation, call the office.

Record your symptom changes in a new voiding diary. Try not to alter your everyday activities during the trial period (fluid intake, medications, caffeine, etc.)

Restrict activity and work for at least one week, possibly more. Avoid sexual activity. You have had surgery and have incisions; Your body needs time to rest and heal. Being too active too soon can cause the lead wire to move out of position and/or an increase change of complications. If your dressings come off, apply new dressings.

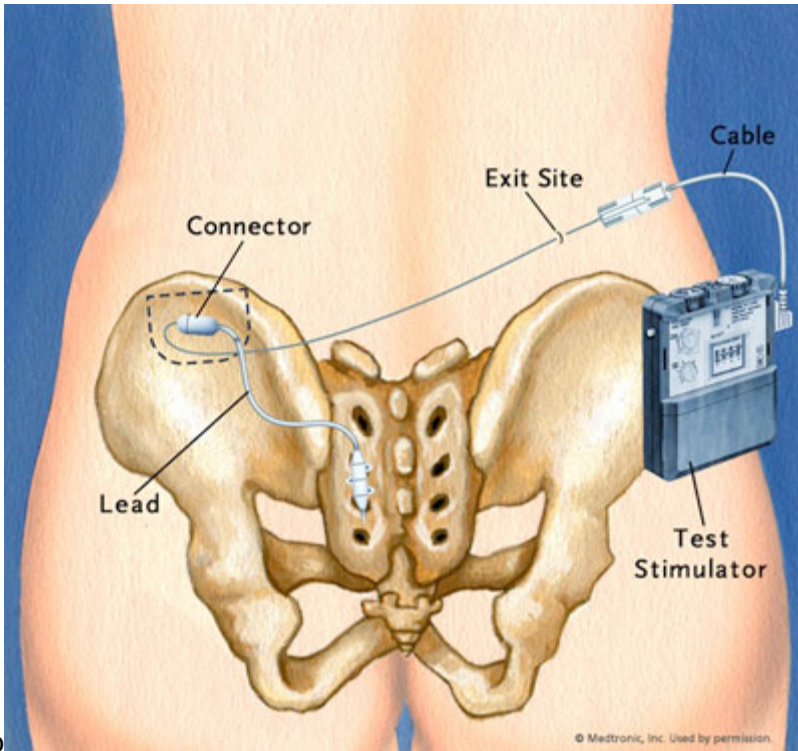
You may shower after the first 24 hours. Turn stimulator off, and disconnect the cable from the stimulator. DO NOT GET THE EXTERNAL STIMULATOR WET. Dry the white end of the cable THOROUGHLY before plugging back into external stimulator, then turn stimulator back on and adjust as necessary. Do not remove steri-strip tapes from incisions.

Complications are rare but may occur:

- A small amount of blood on the dressing is normal
- Incision pain is normal; rest and take your pain medication before the pain becomes too intense.
- The chance of infection can occur any time the skin is opened. Finish antibiotics if ordered.
- Symptoms of infection are: Fever over 101 degrees, foul smelling or yellow drainage, increased pain over incisions, redness and swelling over incisions.

A follow-up visit will be scheduled in 7-10 days to have your incisions checked and discuss the results of stimulation.

If you have any questions regarding your incisions, medications, activities, or the stimulator box please call our office at 218-7900



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