



## SNS / INTERSTIM INSTRUCTIONS

### Instructions for Interstim Trial

Depending on your condition you will be scheduled for your implantation (stage II) either 1 or 2 weeks after your trial (stage I).

### Before Stage I

- Make sure to record at least 2 days of symptoms on your diary prior to stage I.
- Read the patient therapy guide, so you will be more familiar with the equipment during the trial (<https://www.medtronic.com/content/dam/medtronic-com/us-en/patients/treatments-therapies/bowel/documents/interstim-x-patient-therapy-guide.pdf?bypassIM=true>).
- Make sure you have your appointment (may be telehealth or in person) scheduled for the trial period.

### The Trial Period (After Stage I and Before Stage II)

- Make sure to record at least 2 days of symptoms on your diary during the trial period
- Keep your scheduled follow-up appointment (in person or telehealth).
- If you have an in person appointment bring your smart programmer (looks like a cell phone) and communicator (white device). Make sure they are fully charged.
- The lead will be covered with a clear dressing. Keep this dressing in place until you come back to the OR keep this dry.
- Take frequent, short walks throughout the day to prevent blood clots. Rest when you get tired.
- Do not lift anything that is heavier than 10 lb. (around a gallon of milk).
- Do not do strenuous activities, such as running or aerobics for 6 weeks after surgery.
- You may drive when you feel safe to do so and are no longer using narcotic pain medication (tramadol).
- Do not take baths, swim, or use a hot tub.
- Do not shower after 1st stage surgery, because the lead and the dressing cannot get wet. You may have a sponge bath during the trial period.
- Check your incision areas every day for signs of infection. Check for:
  - Redness, swelling, or pain.
  - Fluid or blood.
  - Warmth.
  - Pus or a bad smell.

If you are worried that the dressing may need to be changed, please call the office at 408-827-4274 to arrange a visit.

### After Stage II: Incision

You will have two small incisions (one on your upper buttock, one near tailbone) following surgery. The wounds are closed with absorbable sutures and covered with surgical glue. Leave the surgical glue alone. It should flake off over time in about 2 weeks. You do not need to apply any antibiotic ointments or creams or clean the incisions with anything more than soap and water. Check your incision areas every day for signs of infection.

Check for:

- Redness, swelling, or pain.
- Fluid or blood.
- Warmth.
- Pus or a bad smell.

If you are worried about the incision, please call the office at 408-827-4274 to arrange a visit.



### **Activity**

- Take frequent, short walks throughout the day to prevent blood clots. Rest when you get tired.
- Do not lift anything that is heavier than 10 lb. (Around a gallon of milk) for 6 weeks after surgery.
- Do not do strenuous activities, such as running or aerobics for 6 weeks after surgery.
- You may drive when you feel safe to do so and are no longer using narcotic pain medication (tramadol).
- Do not take baths, swim, or use a hot tub for 6 weeks.
- You can shower 24 hours later.
- Do not use any products that contain nicotine or tobacco. These products include cigarettes, chewing tobacco, and vaping devices, such as e-cigarettes. These can delay incision healing. If you need help quitting, ask your health care provider.
- Do not drink alcohol until you are no longer using narcotic pain medication (tramadol).
- Keep all follow-up visits.

### **Contact A Health Care Provider If:**

- You have chills or a fever more than 101.5.
- Your pain medicine is not helping you.
- You have any signs of infection, such as:
  - More redness, swelling, or pain around your incision.
  - Fluid or blood coming from your incision.
  - Your incision feeling warm to the touch.
  - Pus or a bad smell coming from your incision.

### **Get Help Right Away If:**

- You have a fever for more than 2–3 days.
- You have very bad pain.
- You develop a warm, tender area in your leg.
- You have chest pain or trouble breathing.