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Patient Instructions Following Peripheral Nerve Stimulation

You have just successfully undergone a peripheral nerve stimulation placement. It is our hope that over time, this will help improve your pain and diminish your pain.

- Dressing will be removed at the first post-operative appointment.
- Do not shower until the dressing is removed. Do not want the water to hit directly on the incision(s) as it can cause them to open.
- Do not remove the steri-strips, they will fall off on their own.
- Do not submerge incisions under water for 6 weeks. This includes bathtubs, swimming pools, and hot tubs.
- Do not lift anything heavier than a gallon of milk.
- No bending, lifting, twisting, or pulling until instructed to do so.

Post-operative appointments **must** be attended. This cannot be rescheduled for any reason. Please be advised that by missing a post-operative appointment, the office is relieved of any responsibility for infection, injury, or financial obligations related to complications resulting from a missed post-operative appointment.

If you experience any warmth and/or redness around your incision, sudden headache, or run a fever of 101 or higher, please contact our office immediately at (469) 430-9380 or come in during business hours.

Do not wait for an appointment. If it is after hours, please call (469) 430-9380 and leave a message and your physician will be notified.



Phone: (469) 430-9380

Fax: (469) 242-9539