

After Your Pump or Stimulator Implant

Self-care at home

This handout explains self-care after having a pump or stimulator implant.

Activity

- Keep your bandages dry and in place for 48 hours.
- Let your body be your guide about what to do or not do. If something you do causes pain, slow down or stop the activity.
- For **6 weeks** after surgery:
 - Avoid twisting or bending your body.
 - Avoid any activity that increases your breathing or heart rate.
 - Do **not** lift anything that weighs more than 10 pounds. (A gallon of milk weighs almost 9 pounds.)
 - Do **not** take a bath, sit in a hot tub, go swimming, or immerse your wound in water.
- You may shower **after your first clinic visit** unless your doctor tells you otherwise.



Let your body be your guide. If something causes you pain, slow down or stop.

Wound Care

- Do **not** put any dressing or ointment on your wound. If your clothes irritate your wound, place a gauze pad over your wound.

When to Call the Clinic

Call the Center for Pain Relief at **206.598.4282** if you have:

- Fever higher than 100°F (37.8°C)
- Bloody or cloudy drainage from your incision
- Increased swelling or redness in your incision area

- Any opening in your wound
- Increased weakness
- Loss of bowel or bladder control
- Severe headache

Follow-up Visit

Your follow-up visit will be at the Center for Pain Relief, a few days after your surgery.

Your appointment is with _____
PROVIDER
on _____ at _____ .
DAY DATE TIME

Medicines

- When you get home, you may resume taking your usual medicines.
- You may also receive prescriptions for:
 - Antibiotics
 - Pain
- Always take your prescription medicines **exactly** as directed.

Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

Center for Pain Relief:
206.598.4282