



After Your Pump or Stimulator Is Placed

Self-care at home

This handout gives instructions to follow at home after you have had a pump or stimulator placed.

When you leave the hospital, you will have:

- An abdominal binder.
- A soft C-collar.
- A sling. Wear the sling at all times for 6 to 8 weeks, except when you are showering or in bed.

Incision Care

- 48 hours after surgery, remove the dressing (bandage).
- Gently clean your incision(s) with Hibiclens. Repeat this cleaning with Hibiclens once a day for 7 days.
- Do not put any dressing or ointment on your incision(s). If your clothing irritates the area, you may place light gauze over it.

Activity

- If any activity causes pain, stop doing that activity.
- Avoid vigorous exercises in physical therapy for 10 days. Have your physical therapist (PT) contact us for specific instructions.
- You can shower after you have removed your dressing.
- Do **not** twist or bend.
- Do **not** lift anything that weighs more than 5 pounds.
- Do **not** lift anything up higher than your shoulders until your doctor says it is OK.
- Do **not** take a bath, sit in a hot tub, or go swimming for 4 weeks after your procedure.

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Questions?

Your questions are important. Call your doctor or health care provider if you have questions or concerns. UWMC clinic staff are also available to help.

Phone help is available 24 hours a day, 7 days a week. Call 206-598-4282.

When to Call the Center for Pain Relief

Call 206-598-4282, 24 hours a day, 7 days a week, if you have any of these symptoms:

- Fever higher than 100°F (37.8°C)
- Changes in your incision(s):
 - Bloody or cloudy drainage
 - Increased swelling
 - An incision opens
- Weakness that is getting worse
- You are not able to urinate or have a bowel movement
- Severe headache

Follow-up Visit

You will have a follow-up visit 7 to 10 days after your surgery. Your appointment is on:

Day _____ Date _____ Time _____ a.m./p.m.
with _____

Medicine

- After your surgery, you may start taking your usual medicines again.
- You will also take one of these antibiotics after your surgery:
 - Keflex 500 mg by mouth, 2 times a day for 10 days (until the medicine is gone)

OR

 - Clindamycin 300 mg by mouth, 2 times a day for 10 days (until the medicine is gone)

Pain Medicine

If your doctor prescribes pain medicine for you, take it exactly as directed.

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Center for Pain Relief

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