After Your Pump or Stimulator Implant

Self-care instructions

Safety Precautions

- Wear your abdominal binder at all times, except when you are showering or in bed. Do this for 6 to 8 weeks.
- Wear your soft C-collar at all times, except when you are bathing or in bed. Do this for 6 to 8 weeks.
- Wear your sling at all times, except when you are showering or in bed. Do this for 6 to 8 weeks.

Activity

- Let your body be your guide about what activities to do or not do. If something you do causes pain, slow down or stop the activity.
- Avoid vigorous physical therapy for 10 days. Ask your physical therapy provider to call us for specific instructions.
- Remove your dressing (bandage) 48 hours after surgery. Then you may shower.
- Do not twist, bend, lift anything that weighs more than 5 pounds, or lift anything above your shoulders for 6 to 8 weeks after your surgery.
- Do not take a bath, sit in a hot tub, or go swimming for 4 weeks after your surgery.

Wound Care

- 48 hours after surgery, remove the dressing. Gently clean your wound with Hibiclens.
- Clean your wound with Hibiclens once a day for 7 days.
- Do not put any dressing or ointment on your wound. If your clothes irritate your wound, place a gauze pad over your wound.
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.

Center for Pain Relief: 206-598-4282

When to Call the Clinic

Call the Center for Pain Relief at 206-598-4282 if you have:

- Fever above 100°F (37.8°C)
- Bloody or cloudy drainage from your incision
- Increased swelling in your incision area
- Any opening in your incision
- Increasing weakness
- Loss of bowel/bladder control
- Severe headache

Follow-up Visit

Your follow-up visit at the Center for Pain Relief will be 7 to 10 days after your surgery.

Your appointment is with: ________________________________

HEALTH CARE PROVIDER

on ________________________________ at ____________________.

DAY    DATE     TIME

Medicine

When you get home, you may resume taking the medicines you usually take.

You will also receive these prescriptions:

- Antibiotics:
  - Keflex 500 mg – take by mouth, as directed until finished
  - Clindamycin 300 mg – take by mouth, as directed until finished
- Pain control: If you receive a prescription for pain medicine, take this medicine only as directed.