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.

**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