

## 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