



University Surgical Associates

Exceptional surgeons. Compassionate care.

Shauna Lorenzo-Rivero, MD

979 E 3rd St., Suite C-320, Chattanooga, TN - Phone 423-267-0466 fax 423-778-8168

Instructions Following Sacral Nerve Stimulator Surgery

These instructions are intended as a brief guide to help you in your recovery.

***** Call 267-0466 tomorrow to schedule a post-op appointment in 1 week. Please tell the scheduler the date of your operation.**

- **ACTIVITY**

Your activity may progress as tolerated. Avoid a lot of movement that could dislodge your wire if you had stage I implantation.

Do not drive while taking narcotic pain medications.

- **DIET**

Resume your regular diet.

Drink 8/8oz. glasses of water a day.

Do not drink alcoholic beverages for 24 hours after surgery or if taking narcotic pain medications.

- **MEDICATIONS**

You may resume your previous medications.

If you are on a blood thinner or aspirin, ask your doctor when you should resume taking it.

A pain medication will be prescribed to use for the first few days. You may take Ibuprofen 400mg every 6 hours instead of *or* in addition to your prescribed pain medication. For less severe pain, you may take Extra-strength Tylenol every six hours rather than your prescribed pain medication. If you find that your pain medication may not be working for you, call our office and we will try to make changes in your medications over the phone by calling your local pharmacy.

Take Metamucil 1 tsp in 8 oz water or juice DAILY. If you do not have a bowel movement the next 24 hours, then call the office.

- **DRESSING**

Please leave your dressings in place for 24 hours, then remove the ones near the center of your back and the larger one next to it. **DO NOT REMOVE THE DRESSING WHERE THE WIRE COMES OUT.** That will be changed in the office. If you have had the stage II implantation, you may remove your single dressing in 24 hours. The steri-strips will curl up in 10-14 days when they can then be removed.

Do not shower, you may sponge bath only. Avoid getting the incisions wet with stage I implantation. You may shower after 24 hours for stage II implantation.

- **WHEN TO NOTIFY THE PHYSICIAN**

Large amount of bleeding with or without bowel movement (greater than 2 Tbsp)

Severe pain not relieved by pain medication, especially if getting worse and not better with time

Fever (Temperature over 101 F) or chills.

*Inability to urinate.****If you have trouble, first sit in the bathtub filled with warm water and relax. Try to urinate in the tub. It will not hurt the incision. If you are not able to do so with in 4-6 hours, then proceed to your local emergency room to have a urinary catheter placed temporarily. It can be removed in the office in the following day or so. Call the office if you have difficulty urinating.