



INSTRUCTIONS AFTER YOUR DORSAL COLUMN STIMULATOR PLACEMENT

- Avoid (BLT) bending, lifting and twisting movements of the back.
- No lifting greater than ten pounds (a gallon of milk weighs eight pounds.) It is acceptable to use over-the-counter pain medication for less severe pain.
- It is fine to use over-the-counter laxatives of choice to avoid constipation.
- Keep the steri-strips in place on your incision. They will fall off on their own as you shower. It is okay to gently remove them in two weeks if they have not fallen off. Remove the outer cover on the third postoperative day.
- It is okay to shower over steri-strips after three days. No soaking tub baths for two weeks after the surgery.
- You may walk stairs carefully.
- You may engage in sexual activities in two weeks.
- No prolonged riding in a car (greater than two hours) for two weeks.
- You may drive in two weeks, when you have weaned from the pain medication and the effects of anesthesia have resolved.
- No housework, especially vacuuming or making beds, for four to six weeks.
- Walk as much as tolerated and comfortable. This is the only recommended exercise for you.
- No return to work until advised by your physician.
- If you feel you require medication refills, please give the office 72-hour notice. There will be no medication refills over the weekend.
- **See your physician in the office in two to three weeks. Please call for an appointment time (314-806-1770).**
- **FOR AN EMERGENCY AFTER HOURS OR ON A WEEKEND, PLEASE CALL THE MEDICAL EXCHANGE AT (844) 942-1558**
- Call the office for:
 - Appointment set up.
 - Fever greater than 101 degrees.
 - Increased pain, swelling, redness or drainage from your incision.
 - Trouble swallowing or breathing.
 - Pain, swelling or weakness of your legs.
 - Any other question or concerns you may have.