



SPINE & JOINT
PAIN SPECIALISTS

Instructions for Your Upcoming SCS Trial

Your time is valuable, and we want you to be prepared for your procedure.

Please do the following prior to your procedure:

- Bathe for 5 days prior to the procedure utilizing soap or a cleanser like HibiClens/Dyna-Hex
- Do not eat or drink anything within 10 hours of your procedure
- Arrive 30-40 minutes prior to your procedure time
- Bring your identification and insurance card (and method of payment as needed) but leave any jewelry/valuables at home as we are not responsible for lost items
- Wear comfortable loose-fitting clothing
- Have a responsible adult drive you to and from your scheduled procedure.

There are certain conditions that can cause your procedure to be canceled.

Your procedure WILL BE canceled and rescheduled if:

- You have not completed the pre op SCS lab work or MRI/CT 2 days prior to your scheduled trial date.
- You have not stopped your **blood thinning medications**. You should only stop your **prescription medications** as directed by your provider. The following over the counter herbal supplements and medications are considered blood thinning and they must be stopped for **SEVEN (7) days** prior to your procedure:
 - Herbs containing Ginger or Ginko Biloba
 - Fish Oil/Omega/Garlic
 - Aspirin or Aspirin containing medication like Aspirin/Excedrin/Equagesic
 - Non-Steroidal anti-inflammatory drugs like Advil/Motrin/Aleve/Naproxen
- You are currently taking antibiotics for an acute illness, or are ill/sick in any way.
- You had **dental work** performed within the last 7 days to **INCLUDE** getting your teeth cleaned.
- You have not stopped your **weight loss** medication of semaglutide-type drugs (such as **Ozempic, Wagovy, Zepbound (Mounjaro), Trulicity**, etc.) for at **least 7 days**, when you are scheduled for your procedure at the **Surgery Center**.

Do NOT stop your PRESCRIBED BLOOD thinning medications unless we notify you that your DOCTOR AGREES.

(see blood thinning medication list)

DISCHARGE INSTRUCTIONS FOR SPINAL CORD STIMULATOR TRIAL

Activity:

- Rest today, increase activity tomorrow as tolerated.
- Do not drive or operate hazardous machinery for 12 hours.
- We strongly suggest that a responsible adult be with you until tomorrow AM for your comfort and safety.

Diet:

- No diet restrictions. (Avoid alcoholic beverages for next 12 hours)

Medication:

- Take prescribed pain medications as needed. Exercise caution when walking, driving or climbing stairs.
- Do not take any aspirin products
- Resume previous home medications as directed.
- Continue to hold any Blood thinning medication until the leads have been removed.

Wound Care:

- Do not remove dressing.
- No showers. No tub baths. Sponge baths only.
- No lifting over 20 lbs. No raising hands above head, extreme twisting or bending.

Follow up Care:

- Call our office if you have persistent or increasing pain, develop excessive bleeding at surgical site, fever over 100 degrees, excessive redness or unusual drainage at the surgical site.

WHAT TO EXPECT DAYS AFTER COMPLETING THE SCS TRIAL:

1. SJPS will be in contact with you daily to manage your pain.
2. The vendor associated with the implanted trial lead will contact you daily to verify that the device is meeting your needs for pain management.
3. SJPS will schedule you for a lead removal 4-7 days post your trial date.

For for any questions regarding your Spinal Cord Stimulator, such as it not working as you need, questions related to programs or sensations, and/or any questions about the device, please reach out to your system specific vendor.

Their contact information is below:

Abbott Neuromodulation

- Javier Roman 210-307-6236
- Allison Michel 210-268-3029
- Tech Support 800-727-7846 opt 3

Boston Scientific Corporation

- Ronnie Hernandez 210-753-4682
- Alissa Davis 210-629-9846

Medtronic Corporation

- Reggie Troche 210-542-0033
- Gino Bolanos 786-457-1393
- Amarisa Munoz 405-990-1166
- Julio Osorio 210-665-3449

Nevro

- Elizabeth Valdenegro 210-325-2908
Email: Elizabeth.valdenegro@nevro.com
- Coach Melinda: 844-331-1001