COMPLEX SPINAL PAIN / RECOVERY GUIDE

# After a permanent stimulator implant

Spinal cord stimulation · Implanted peripheral nerve stimulation · ReActiv8

**Let the incisions heal. Protect the leads.** Your individual discharge orders take priority.

Patient: _____ Procedure / date: _____

## TODAY & WOUND CARE

Have a driver take you home. After anesthesia or sedation, no driving, alcohol, machinery, or important decisions for at least 24 hours. Have adult help as directed. Do not drive while taking sedating pain medicine or until your team clears you.

Keep dressings clean and dry. Follow your written shower and dressing dates. Do not remove skin glue or closure strips. No soaking, swimming, or hot tubs until the wounds are healed and you are cleared.

## PROTECT YOUR IMPLANT

Take short walks. Until your team clears you, avoid repeated bending or twisting, heavy lifting, overhead reaching, strenuous exercise, and pulling on the implant area. Your device-specific lifting limit and restriction end date must be written below.

Do not rub or manipulate the battery or leads. Use the prescribed pain plan; take antibiotics only if prescribed.

## DEVICE USE & ACTIVATION

Use only the programs and charging instructions you were taught. Keep the controller and device identification card available. Do not charge over an unhealed incision unless specifically instructed.

**ReActiv8:** begin therapy only at the scheduled activation visit and use the prescribed session plan. This is different from a temporary SCS trial.

**Implanted PNS:** follow its own manual; restrictions and programming may differ from SCS.

## SAFETY & FOLLOW-UP

Tell every clinician you have an implant. MRI requires verification of the exact system and all manufacturer conditions; do not assume it is safe. Avoid diathermy.

Follow device-specific driving rules; do not drive with stimulation that distracts you or causes muscle contraction.

For painful shocks, turn therapy off if you were taught how, and call. Call for loss of benefit or device trouble. Keep wound-check and programming visits.

## WHEN TO GET HELP

**Emergency care now:** new or increasing weakness, groin numbness, loss of bladder / bowel control, or inability to urinate; severe back pain with these symptoms; chest pain, trouble breathing, or severe allergic reaction. Go to the ER; call 911 if severe or unsafe to travel.

**Call the clinical team today:** fever 100.4°F (38°C) or higher, chills, spreading redness, pus, wound opening, persistent bleeding, or pain not controlled by the prescribed plan. Do not wait for a portal reply.




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## YOUR DISCHARGE PLAN

Device / model: _____
Shower date / lifting limit: _____
Restrictions until: _____
Wound check / activation: _____

Clinical / after-hours number:
_____

Urgent concerns: use your discharge contact, not appointment scheduling.


Sources reviewed 05 Oct 2026:
Boston Scientific: implant care  Device / MRI safety  Mainstay: ReActiv8