During a stimulator trial

Temporary spinal cord stimulation leads and external stimulator

Keep the leads dry and secure. Record pain relief and function. Your individual discharge orders take priority.

Patient: _____ Procedure / date: _____

PROTECT THE LEADS & DRESSING

Keep the dressing in place, clean, and completely dry for the entire trial. No shower, bath, pool, or hot tub. Sponge-bathe away from the dressing and external equipment.

Do not remove the dressing, pull wires, or reconnect a loose lead yourself. Secure the external stimulator as taught and avoid snagging cables. If the dressing loosens, gets wet, or a lead comes out, call the team promptly; do not push it back in.

ACTIVITY & MEDICINES

Take gentle walks. Avoid bending, twisting, heavy lifting, overhead reaching, and stretching that pulls the wires. Follow your written lifting limit. Do not drive unless the trial team explicitly clears you.

Use the discharge medication plan. If aspirin or a blood thinner was held, do not restart without the trial team's written plan; lead removal also carries bleeding risk. Do not stop any additional medicine on your own. Use antibiotics only if prescribed.

ASSESS THE TRIAL FAIRLY

Use the controller as taught. Ask the device specialist about programming; call the clinical team for symptoms.

Record daily pain (0–10), relief, walking / standing tolerance, sleep, and medicine use. Track two safe everyday goals. Do not overexert yourself to test the device.

If stimulation is painful or shocking, turn it off if you were taught how and call. No MRI while temporary SCS trial leads are in place.

TRIAL END & LEAD REMOVAL

Attend the scheduled removal visit and bring your diary, controller, and external equipment. Only the clinical team should remove leads.

After removal, follow the new wound-care and blood-thinner plan. Trial benefit does not guarantee permanent implant benefit.

Temporary PNS: follow its separate device-specific plan.

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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443-997-5476 appointment
410-614-4033 Fax
410-502-2199 Procedure

YOUR DISCHARGE PLAN

Trial / removal date: _____
Representative phone: _____
Lifting limit: _____
Blood thinner / removal plan: _____

Clinical / after-hours number:
_____

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

Sources reviewed 05 Oct 2026:
Boston Scientific: SCS trial guide ASRA: pain-procedure blood thinners