

Pre & Post Operative Instructions for Spinal Cord Stimulator Implant

Pre-Operative Instructions:

Medications/Clearance:

- Some pain management procedures require that you stop ALL BLOOD THINNERS and/or ALL NSAIDS** several days prior to your procedure date. All procedures require you to stop all GLP-1 medications one week prior to your procedure date. Your medication list should be reviewed by your provider prior to scheduling your procedure to determine if you need to stop any of your active medications or to obtain medical clearance.

This also includes any OTC aspirins, analgesics, and anti-inflammatories **(Please see attached list for reference of NSAIDS, Blood Thinners and GLP-1 medications).**

If you are being prescribed any medication or actively being treated by a cardiologist, hematologist and/or vascular physician of any kind we would need to obtain medical clearance from them to hold your medications and/or determine your risk level for your procedure.

***Please contact our office and speak to a member of our clinical staff to confirm if you need to stop any of your current medications if you are unsure.**

Anesthesia/sedation:

- No food or drink** (including water) **at least 8 hours prior to your procedure OR 12 hours prior to your procedure if you are on any of the GLP-1 medications listed below.** If you have any medications that must be taken before your procedure AND has been approved by your physician, you may do so with very little water.

Since you will be receiving anesthesia/sedation, you will need someone that you know present to drive you home unless it was discussed and approved by your physician to perform your procedure under local anesthesia.

*****You will not under any circumstances be allowed to drive yourself home after your procedure if receiving anesthesia/sedation. Uber, Lyft, or any other ride share service is not an approved transportation following your procedure*****

Facility Policies:

- Once you are at the surgery center in pre-op, you will be asked to remove all clothing that might interfere with your procedure or be stained by the skin preparation including bra, underwear, shorts, pantyhose, or leggings. Please do not wear jewelry including watches and any piercings.

No outside items will be taken into the procedure/operating room. This includes any personal items, pillows and blankets from home, purses, etc.

Post Procedure Care:

Antibiotics:

Your post-op antibiotics will be sent to the pharmacy noted in your chart approx. 2 days prior to your procedure or sooner. *You will need to pick them up prior to the date of the procedure so you can start them immediately after your procedure.* **Please contact our office if your pharmacy does not have your prescription prior to your procedure.**

Bathing/Showering:

Keep the dressing dry at all times! Do not remove the dressing unless advised by Dr. Frazier to do so. If you notice your dressing is wet and/or discolored, upload a picture of it to your patient portal for your physician to review. Do not shower or bathe until you are seen in the clinic, and you are cleared to do so. *(There must be no evidence of or potential for wound drainage to bathe or shower.)* You will be able to bathe once the wound is dry and it has been at least two weeks since your procedure. Once you resume showering, do not scrub the area until there are no scabs remaining. Limit showers to 5 minutes and pat the wound dry, do not vigorously scrub.

Activities:

Avoid bending, twisting, stooping, reaching outward or above your head for the first 8 weeks. Walking is the best exercise but do not walk to the point of sweating, just leisurely walking for 15 minutes at a time. Do not lift more than 5 pounds for the first 4 weeks.

Driving:

You may resume driving when you are not taking pain medication to the point where they may impair your driving. If you have any concerns, have someone else drive until you are certain you are mentally clear.

Pain Medication:

Please let the physicians team know if you do not feel your pain is adequately covered on the prescribed pain medication regimen. Do not increase your pain medication of your own or add alcohol or add other pain medication to the regimen without discussing it with your physician or a member of the clinical staff.

Anticoagulants:

You may resume 24 hours after your procedure. Check with your prescriber if you have further questions

Complications:

Please call the office ASAP (972) 596-1059 at once if you notice any of the following:

If the matter is urgent or of serious concern, you may text Dr. Frazier directly on his cell phone (972) 742-6801)

Temp > 101.5 orally

Leg/arm swelling and/or tenderness

New leg/arm pain, numbness and/or weakness

Bowel and/or bladder incontinence

Increased bleeding or drainage at incision site
Increased pain at incision site

Post Procedure Communications:

Your Spinal Cord Stimulator rep will be contacting you to assess how effective the SCS is at relieving your pain and allowing normal daily function. He will at times reprogram your system if you are not getting the sought after relief.

Rep Name and Contact #: **Jason M. - 972-768-2372**

If you have any additional questions or concerns, please contact our office at 972-596-1059 for further assistance. **You can also message us through your patient portal!**

Post Procedure Follow ups:

You will need to follow up in the office 1 week after your procedure and again 2 weeks after your procedure to check your incisions and change your dressings. **Please confirm with our office that you have BOTH appointments scheduled.**

***Staples will usually be removed at your 2nd post-op appointment (day 14/2 week follow up).**

Procedure Date/Time: _____

Post-Op #1 Date/Time: _____

Post-Op #2 Date/Time: _____

Facility: (Circle one)

Peak Health Surgicare
610 N Coit Rd Suite 2100, Richardson, TX
Phone: 972-954-3588

Baylor Plano Alliance
4825 Alliance Blvd. Suite 300, Plano, TX 75093
Phone : (469) 367-0700

Baylor North Garland Surgery Center
7150 N George Bush Highway, Suite 101, North Garland, TX
Phone: 214-703-1800

NSAIDS (ANTI-INFLAMMATORY) LIST:

Generic Name	Tradename
Celecoxib	Celebrex
Diclofenac	Cataflam, Voltaren, Arthrotec (combined with misoprostol)
Diflunisal	Dolobid
Etodolac	Lodine, Lodine XL
Fenoprofen	Nalfon, Nalfon 200
Flurbiprofen	Ansaid
Ibuprofen	Motrin, Tab-Profen, Vicoprofen (combined with hydrocodone), Combunox (combined with oxycodone)
Indomethacin	Indocin, Indocin SR, Indo-Lemmon, Indomethagan
Ketoprofen	Oruvail
Ketorolac	Toradol
Mefenamic Acid	Ponstel
Meloxicam	Mobic
Nabumetone	Relafen
Naproxen	Naprosyn, Anaprox, Anaprox DS, EC-Naproxyn, Naprelan, Naprapac (copackaged with lansoprazole)
Oxaprozin	Daypro
Piroxicam	Feldene
Sulindac	Clinoril
Tolmetin	Tolectin, Tolectin DS, Tolectin 600

Blood Thinner List:

- Arixtra (Fondaparinux)
- Adexxa
- Aspirin
- Brilinta (Ticagrelor)
- Coumadin (Warafin)
- Effient (Prasugrel)
- Eliquis (Apixaban)
- Fragmin (Dalteparin)
- Jantovan (Warfarin)
- Plavix (Clopidogrel)
- Pradaxa (Dabigatran)
- Savaysa (Edoxaban)

- Xarelto (Rivaroxaban)

GLP-1 Medications

- Dulaglutide (Trulicity)
- Exenatide extended release (Bydureon bcise)
- Exenatide (Byetta)
- Semaglutide (Ozempic)
- Liraglutide (Victoza, Saxenda)
- Lixisenatide (Adlyxin)
- Semaglutide (Rybelsus)