

**PRE-OPERATIVE AND POST-OPERATIVE INSTRUCTIONS - SPINAL CORD
STIMULATOR TRIAL**

Pre-Scheduling Requirements:

1. For lumbar SCS trial, recent Thoracic MRI, and lumbar MRI or CTM (within 6 months of procedure).
For cervical SCS trial, recent Thoracic MRI and cervical MRI or CTM (within 6 months of procedure).
2. Psychological Evaluation clearing patient for procedure.
3. Pre-Operative Labs – Can be done up to 5-7 days prior to your procedure

***Our insurance verification department will be able to initiate a prior authorization for your procedure as soon as steps 1 AND 2 are completed by you and we receive the results.**

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 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.**

Surgical site:

The leads enter the skin and are anchored at the entry site with stitches. On top of the anchors is a dressing that inhibits scab adherence and infection called Xeroform. On top of the xeroform is a sterile 4x4 gauze that is white when dry. On top of the gauze is a clear tegaderm dressing that sticks to the skin keeping the entire dressing water resistant. It is important to keep the dressing dry at all times to prevent infection. Please have someone visually inspect the dressing daily and let the office know immediately if it becomes wet, discolored, or bloody and take a picture of it with good lighting. We will request that you send us that picture so that we can assess whether you should come in and have a dressing change.

Bathing:

Sponge baths only (no immersion in water) until lead is removed in approx. 5-7 days.

Activities:

Avoid bending, twisting, stooping, reaching outward or above your head while the lead is in place. Walking as tolerated is fine. Resume driving when you are not impaired by pain or pain meds.

Anticoagulants:

If you are on anticoagulants, you should resume them 24 hours after the trial lead is removed, so that you are still NOT anticoagulated when the lead is removed. This is to prevent bleeding due to lead implant and due to lead removal. Discuss with Dr. Frazier if you have questions about this.

Pain medications:

Continue your pain medications at the same dosages that you were regularly taking prior to the trial placement. This will permit you to assess the percentage of pain relief attributed to the SCS trial alone

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.

Complications:

Please call the office ASAP (972) 596-1059 at once if you notice any of the following: (you may text Dr. Frazier directly on his cell phone for urgent matters: 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 regularly to assess how effective the trial 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!

Procedure Date/Time: _____

Post-Op Lead Pull Date/Time: _____

Facility: (Circle one)

<p><u>Peak Health Surgicare</u> 610 N Coit Rd Suite 2100 Richardson, TX Phone: 972-954-3588</p>	<p><u>Baylor North Garland Surgery Center</u> 7150 N George Bush Highway, Suite 101 Garland, TX Phone: 214-703-1800</p>
<p><u>Superior/Dallas</u> 4225 Office Parkway Dallas, TX 75204 Phone: 972-596-1059 Fax: 972-612-5410</p>	<p><u>Superior/Plano</u> 6200 Preston Road Suite 400 Plano, TX 75024 Phone: 972-596-1059 Fax: 972-612-5410</p>
<p><u>Superior/Ft Worth</u> 5651 East Lancaster Avenue Suite 300 Ft. Worth, TX 7612 Phone: 972-596-1059 Fax: 972-612-5410</p>	

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)
- Mounjaro (Tirzepatide)

Financial Notice:

Payment for all procedures is due no later than the day prior to the scheduled procedure date.

Estimates for any out-of-pocket expense will be sent to all patients through our patient portal. Please be aware that we do request all patients to have access to their patient portal. Payments can be made by calling our office at 972-596-1059. ***Please note that the facility will contact patients separately for any out-of-pocket expense that is due to them as that payment is separate from the payment due to the doctor.**

All procedures not cancelled within 24 hours or any patient who no-shows to their procedure will be charged \$200.

If you need to reschedule or cancel your upcoming procedure or if you have additional questions or concerns, please contact our office at 972-596-1059 for further assistance.

Anesthesia and Neuro Monitoring

Any questions regarding anesthesia and neuro monitoring can be addressed with Jarrod Rogers at 214-577-9191.