



# EVOLVE

RESTORATIVE CENTER

## 60 DAY PNS SYSTEM (PNS SPRINT SYSTEM)

### General Information

Your health care provider has determined that a peripheral nerve stimulation percutaneous 60 day system may be helpful in treating your chronic pain condition. The system is a method of neuromodulation or changing the perception of your pain by stimulating nerves. The 60 day PNS system is a small wire that is implanted around a peripheral nerve, temporarily, with battery source externalized, for a 60 day application of electricity to manage your pain. Clinical trials suggest this may be enduring for over a year.

### Spinal cord Stimulation therapy has been used to treat a variety of disorders, including:

- Nerve pain
- Arm pain (radiating from the neck)
- Foot pain
- Knee pain
- Hip pain
- Headache

### Procedure Information: What to Expect

Prior to the injection appointment, there may be some medications that need to be stopped and your health care provider will discuss these with you. They could include blood-thinning medications like anti-inflammatory medications (aspirin, Xarelto, Coumadin, and Plavix). You may also undergo blood and urine testing to test for infections prior to proceeding.

The procedure is performed in a surgery center or hospital. After arrival and check in, you are brought to the pre-operative area where you will be placed in a gown. An IV will be placed in your arm at that time for preoperative antibiotics. Then, you will be escorted to the procedure room. You will lay on your stomach (facing down) with your back or neck exposed. An ultrasound is used to visualize the nerve to guide needle placement. After a cold, cleaning solution is placed on our skin, it is important not to touch the area. You will then feel a pinch and a burn (much like a bee sting), which is the local anesthetic (numbing medicine). After that, you will feel a pressure and a poke. Once the stimulation needle is placed, the lead (s) are advanced near the nerve, which will create a tingling sensation. Your doctor and the device representative

will talk with you to ensure proper lead placement. Once the area that is painful is confirmed and covered, a sterile dressing is placed, and you are then escorted to the post-operative area and then discharged to home.

### **Post-Procedure Instructions**

Typical things to expect may include:

- Some soreness around the injection site
  - Ice may be applied, keeping the area dry
- Resume medications as instructed by your provider. You will need to continue to stop your blood thinning medications throughout the trial.
- Keep the area and dressing dry. No baths, hot tubs, swimming pools, lakes/ponds or showers. Sponge baths are OK.
- It is encouraged that you are active and attempt to do the activities that are typically hurtful.
- Keep ALL post-operative appointments
- Take antibiotics as instructed by your health care provider
- Test drive the therapy to determine if the therapy is right for you.

### **Things to Look-out for**

Please contact our office (844) 527-7369 if you experience:

- Weakness in the arms or legs
- Redness or swelling around injection site for more than 24 hours
- Bladder or bowel accidents and/or numbness around the groin
- Any new areas of pain
- Fever or chills
- Any questions