



# EVOLVE

RESTORATIVE CENTER

## Peripheral Nerve Stimulation Implant (PNS Implant)

### General Information

Your health care provider has determined spinal cord stimulation may be helpful in treating your chronic pain condition. Peripheral nerve stimulation (PNS) is a method of neuromodulation or changing the perception of your pain by stimulating nerves. The PNS therapy is a pacemaker like device that creates a warm, pleasant, tingling sensation overlying your painful area. Now that your trial was successful, a surgery to place the system for ongoing therapy has been selected by you and your health care provider.

**Peripheral Nerve Stimulation therapy has been used to treat a variety of disorders, including:**

- Back pain
- Leg pain/Sciatica
- Neck pain
- Arm pain (radiating from the neck)
- Spinal Stenosis
- Herpes Zoster/Post herpetic Neuralgia
- Disc pain
- Abdominal and pelvic pain
- Shoulder pain
- Face pain
- Headache
- Ischemic pain
- Angina
- Phantom limb pain

### 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. 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 X-ray/fluoroscope or ultrasound may to guide needle placement. After a cold, cleaning solution is placed on our skin, it is important not to touch the area. You will be draped to ensure the cleaned area remain sterile. You will then feel a pinch and a burn (much like a bee sting), which is the local anesthetic (numbing medicine), both for the lead placement location and the IPG (battery) site. Small incisions are created to implant the therapy. The leads introduced similar to the trial system and then retested. Your doctor and the device representative will talk with you to ensure proper lead placement. The leads are then tunneled and connected to the IPG and the incisions are closed. A sterile dressing is placed, which may I include an abdominal binder (corset dressing) 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.
- 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

### **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