



EVOLVE

RESTORATIVE CENTER

Peripheral Nerve Stimulation Trial (PNS Trial)

General Information

Your health care provider has determined spinal cord stimulation may be helpful in treating your chronic pain condition. Peripheral nerve stimulation is a method of neuromodulation or changing the perception of your pain by stimulating nerves. The PNS therapy is a pacemaker like device that can treat your pain by eliminating it, or by replacing the pain with a warm, pleasant, tingling sensation overlying your painful area. The purpose of the trial is to see if it is helpful in treating your pain. Once the trial procedure is performed, you are discharged to home with the trial system for up to a week, with a planned easy and simple removal in the office. The purpose of the trial is to try and answer a few questions:

- Does it help your pain?
- Are you able to function better

Once the trial is over, you and your health care provider will discuss the next steps in your pain care plan.

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
- 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 is used 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 nerve is accessed, the leads are turned on, 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