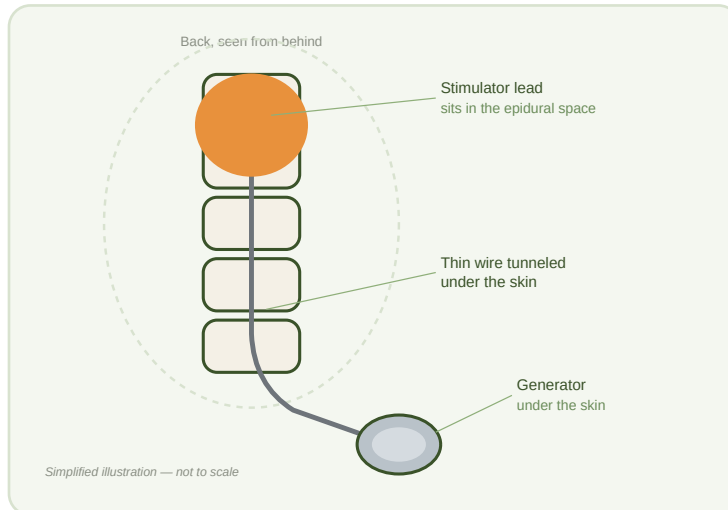


Spinal cord stimulation

A two-stage treatment for persistent nerve pain. You try it first: temporary leads and an external device for about a week of ordinary life. Only if that trial gives you meaningful relief do we move to a permanent implant.



Stage 1 — the trial

Temporary leads placed through a needle. About 5–7 days at home with an external device on a belt. Nothing is implanted.

Stage 2 — the implant

Only if the trial helped. Outpatient surgery with sedation; a small generator is placed under the skin. Home the same day with a driver.

Where it happens

St. Charles Surgical Center, 550 St. Charles Drive, Suite 101 — directly across from our office.

If the trial doesn't help

The leads come out and we stop there. Nothing was implanted and nothing about your body was changed.

The trial exists so you find out before you commit. Choosing not to proceed afterward is a valid result, not a failure.

Before your visit

- take a blood thinner, including daily aspirin
- have an infection anywhere, or a fever
- have a pacemaker, defibrillator, or any other implanted device
- are or may be pregnant
- Bring your photo ID, insurance card, medication list, and imaging.
- A psychological evaluation and insurance authorization are completed before the trial is scheduled.
- Arrange a driver and have someone with you during the trial week.

After your procedure

- **During the trial week:** keep the dressing dry — no showering, bathing, or swimming while the leads are in.
- Avoid bending, twisting, and lifting more than about 5 pounds, which can move the leads.
- **Keep a daily note** of pain levels and what you could do that you normally can't. This record decides what happens next.
- After an implant: soreness at the generator site for 1–2 weeks is normal; activity limits apply for several weeks.
- You will carry an ID card for the device. Tell any provider ordering an MRI that you have one.

Call us — (805) 557-7050

a fever; redness, swelling, or drainage at any site; a dressing that has come loose; or a sudden change in the stimulation you feel.

Call 911 or go to the nearest ER

new weakness in your legs, numbness in the groin or inner thighs, loss of bladder or bowel control, or a severe headache that worsens when you sit up.

This sheet is general information, not medical advice. Your care team will give you instructions specific to your situation — follow those if they differ from this sheet.