

# Spinal Cord Stimulator: Information on Authorization and Restrictions

## Insurance Requirements

We will work with the Duke pre-registration department to submit for prior authorization to your insurance company before your Spinal Cord Stimulator (SCS) Trial and again for the SCS Implant. This process begins once you are placed on the OR schedule. Before we can place you on the OR schedule, you will need to have a psychological evaluation. Insurance companies require this before they will consider the procedure. Once your evaluation is completed and all requested imaging has been received by our office, we will send your supporting medical documentation (i.e. visit notes, MRI reports, psychological evaluation, etc) to your insurance company for approval.

If you are on any blood thinners (i.e. Aspirin, Excedrin, Vitamin E, Fish Oil, Coumadin, Plavix, etc), you will be given special instructions on when to hold these medications.

If you become ill or are put on antibiotics for any reason, please notify the office prior to arriving for your procedure. Like any other procedures, we will not be able to do these procedures if there is a chance of infection.

After the Trial leads are placed, you will return to the office in 3-5 days to have the Trial leads removed. If you have experienced significant (>50% pain relief) relief from this device, we will be in contact with you in order to schedule the Permanent Implant. Most insurance companies need to see the outcome of the Trial before approving the implant.

## Restrictions

### SCS Trial Placement

After your SCS Trial leads are placed, you will have the following restrictions:

- Have a responsible adult stay with you for at least 24 hours. You may experience some drowsiness, light-headedness or mild nausea. Stand and move with caution.
- Resume usual activities the following day – especially those activities that cause familiar pain.
- Use caution when changing positions. Move without twisting by moving your shoulder and hip at the same time.
- DO NOT drive, operate equipment or make business decisions for 24 hours.
- DO NOT drive with the system on.

- DO NOT reach, bend, stretch, twist, or lift more than 5 lbs.
- DO NOT disconnect the Trial cable from the leads.
- You have no restrictions on diet.
- Drink plenty of fluids.
- Take Keflex or other antibiotic as prescribed during the trial period.
- You may take Benadryl per package instructions for mild itching from the dressing.

#### Site Care

- DO NOT REMOVE THE DRESSING. Keep the dressing clean and dry. You may reinforce the dressing with medical tape if it becomes loose.
- DO NOT SHOWER OR TUB BATHE. You may sponge bathe during the trial.
- DO NOT pull on or become entangled in the cable

### **SCS Permanent Placement**

You will have the following restrictions for 6 weeks following your implant:

- DO NOT lift or carry anything over 5 lbs.
- DO NOT bend, twist, reach below your knee, lift above your shoulder, or squat/kneel.
- You may push/pull an object at waist level only.
- There are no limitations on the amount of time you may sit, stand, walk or drive.

### **Post-Operative Instructions**

- DO NOT bathe, shower or get your dressing wet for 2 days.
- Remove the dressing 2 days after surgery and shower.
- DO NOT take a tub bath, use a Jacuzzi or Hot Tub, or go swimming until cleared by your physician (at least 6 weeks).
- DO NOT scrub at or apply ointments/lotions/ creams to the incision sites.
- DO NOT drive with your stimulator on.
- Glue may be used to close the incision. This may flake off as the wound heals. DO NOT pick at the glue as this may lead to infection.

**For the Trial period and following the Implant, report any of the following symptoms to the office IMMEDIATELY:**

- If the Trial leads pull out
- Fever of 101 or higher
- Excessive bleeding, redness, swelling or foul odor from the surgical site
- An increase in pain at the surgical site

## What can I expect after implant?

After your Spinal Cord Stimulator is implanted, follow-up in the office 10 - 14 days from your surgery date is required. Bring all the materials you received in the hospital. You will be provided instructions on how to charge your stimulator, adjust programs, and we will look at your incision site and remove any stitches that you may have. We will have you follow-up again in the office 3 months from this visit to check your progress and make any adjustments to your stimulation, if needed. At this point, you may be given a prescription for physical therapy to help with strengthening and reconditioning. If at any time you feel like the stimulator is not functioning optimally, you will be able to follow-up in the office as needed for any reprogramming changes.

- **In general, you will no longer be able to get MRIs.** CT scans are OK.
- You will be given an identification card that has to be presented to security prior to going through any metal detector.
- **You should never operate a motor vehicle with the stimulator device turned on,** since it could impair your ability to control the foot pedals.

A representative from the Spinal Cord Stimulator Company is available for any questions. Support is available in all 50 states;

- St. Jude: 800-727-7846
- Boston Scientific: 866-360-4747
- Medtronic: 800-510-6735

## What are the risks of surgery?

If at any time following your implant you notice:

- Redness, swelling, drainage or foul odor from the surgical site
- Excessive bleeding
- Increased in pain at the surgical site
- Fever of 101°F or higher with any of the above symptoms

If at any time following your surgery you notice:

- Redness, swelling, drainage or foul odor from the surgical site
- Excessive bleeding
- Increase in pain at the surgical site

- Fever of 101°F or higher with any of the above symptoms

*CALL THE OFFICE IMMEDIATELY OR, IF AFTER HOURS, PAGE THE OPERATOR TO SPEAK TO THE NEUROSURGEON ON CALL AT 919-681-8111.*

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