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**DISCHARGE INSTRUCTIONS AFTER SPINAL CORD STIMULATOR**

1. **FOLLOW UP:** Follow up will be in one month. You will need to call the office to arrange that follow up appointment. This appointment will take approximately fifteen minutes. If there are any questions or problems within that first month, call me and if I can handle it over the telephone I will do so. However, if I cannot then I will ask you to come in earlier.
2. **WOUND CARE:** Keep the wound clean and dry. The dressing that is on there is water-proof and you can take a shower right now. No baths, hottubs, or swimming pools for two weeks. After showering have someone look at the dressing and if it got wet, the dressing needs to be removed and replaced. If it looks as if it stayed dry, leave the dressing on. After four or five days, take the entire dressing off. Take a full shower, get it wet, and then after the shower blot it dry and then blow-dry it dry. Dry is key. Keep your fingers and hands off the wound. After drying the wound cover it with a light dressing. It is in your best interest to keep it dressed for about two weeks to keep your belt and britches from irritating the wound. If there are any questions about the wound such as pus or an advancing red zone warrants a telephone call to my office.
3. **MEDICATIONS:** You will go home on your usual medications that you were taking prior to surgery with four additions:
  - Ice. Although this is not a medication I want you to use it frequently on your low back. You will like it for about a week.
  - I may prescribe:
  - Antiinflammatory medication.
  - Muscle relaxant. This will be taken daily until I see you in one month. This is for achy pain in the back and is taken on an as needed basis. If you do not like it, do not take it.
  - Narcotic. This can be taken as needed for pain. The goal is not to be completely pain-free and there has to be a balance between pain management and over-sedation from the narcotics. Most people are off narcotics after approximately one week. You cannot drive and you cannot work on the narcotics in that it is illegal to drive after taking narcotics. After about one day after taking narcotics it is probably legal to drive at that point. There are side effects of the narcotics which include drowsiness, sleepiness, itchiness, and difficulty with sexual activity. You should not use sharp instruments while on narcotics either.
4. **ACTIVITY RESTRICTION:** You can walk to your hearts content based upon your low back pain level. It is better to do multiple short walks than one long one. The idea is not to walk to fatigue but instead multiple short walks. You can bend and stoop slowly and carefully. When you do this, put your hands on your hips and slowly walk down and then extend back up. You can rotate and go side-to-side but go very slowly in a controlled fashion. It is good to do this very carefully for the next month. Sitting is highly variable. Many patients do not like sitting however many do. If it feels good it is probably okay but once your back starts feeling stiff, get up and walk around. Your future activity restrictions will be determined at your follow up appointment in one month.