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**NEVRO SPINAL CORD STIMULATOR**

DISCHARGE INSTRUCTIONS

* The Nevro system can be left turned on all the time, even when driving, sleeping, or making postural changes
* It is normal to experience soreness in your back where the needles were placed to introduce the wires. An ice pack usually helps the soreness. Only use ice for 30 minutes at a time. Be careful not to get the dressing wet. Do not use heat.
* Someone from Nevro will be contacting you each day to see how you are doing. The goal is to get at least 50% pain relief.

WHEN YOU GO HOME

* The dressing on your back cannot get wet, so you may not shower or bath. You may sponge bath as long as you don’t get the dressing wet.
* Limit bending, twisting, lifting, or stretching. This can cause the leads in your back to move from their ideal location.
* Do not lift anything heavier than a gallon of milk.
* Do not push the red buttons, these are off buttons and will turn off your stimulator. If it is accidently turned off, turn the remote on and press the (+) key.
* If you notice the tape is rolling or peeling up on the edges, apply more tape over it. Do not remove the existing tape or dressing on your back.
* If the black box starts beeping, it indicates a cable has become disconnected, and needs to be reconnected.
* After the TRIAL procedures come into the office at 7 days to have the implant removed.
* Watch insertion sites for redness, swelling, drainage, any signs of injection.
* Notify Physician right away for any signs or symptoms of infection.

If you have any questions at all on the device or how to run is please call the representative that has been assisting you.

**Shawn Healy (541)510-1973**

**Dr. Beecher (435)613-PAIN (7246)**