



# NEUROSTIMULATION TRIAL

## YOUR SURGERY

*Neurostimulation involves electrical pulses being emitted through nerves along the spinal cord. The pulses decrease the number of pain signals channelled by the nerves to the brain.*

*Pain intensity is decreased by replacing pain with a tingling sensation at the site.*

During surgery, an electrode probe will be implanted in your back near the spinal cord. It is connected to an external device that emits an electrical current to decrease your pain. The probe will be implanted under local skin anesthesia. You will be given a medication to relax. You must be awake during the procedure to help your physician determine whether the electrode probe stimulation covers the site of your pain.

A nurse clinician will help you to use your remote control and to adjust your treatment.

## PRACTICAL INFORMATION

Some factors can modify the stimulation during the neurostimulation trial.

Keep your remote control within arm's reach at all times.

Your body is highly sensitive to any changes in position, which can modify the stimulation. You must lower or interrupt the stimulation before changing positions. Once you have changed positions, you can resume the stimulation.

### Movements that can increase the intensity of the stimulation

- Sitting against the backrest of a seat
- Lying on your back
- Bending forward or backwards
- Tilting your head back too sharply

### Movements that can decrease perception of the stimulation

- Moving from a sitting to a standing position
- Lying on your belly
- Tilting your head forward too sharply

## DURATION

The trial period lasts 7 days. You can go home the day after your surgery unless a physician determines otherwise.

The neurostimulation trial helps to determine whether the treatment decreases your pain intensity, improves your sleep quality, increases the number of activities that you can perform, and enables you to complete your daily activities more easily.

The trial period enables you to test the neurostimulation before having a permanent neurostimulator implanted.

You will be given a follow-up appointment after a few days of testing the device in order to adjust your treatment and to determine whether neurostimulation suits you.

## IMPORTANT

You must show up at your scheduled appointment or notify staff if you need to cancel it.

## RECOMMENDATIONS

- Follow the instructions given to you by your physician and neuromodulation nurse. Take your medications exactly as prescribed.
- Sleep on your back or on your side.
- Wash with a facecloth in order to keep your dressing clean and dry.

You can reinforce the bandage as needed.

If it is soaked, schedule an appointment with the neuromodulation clinic or with your local -CLSC. As a last resort, you can go to the emergency department to have your dressing changed (evenings, nights and week-ends).

- Avoid pulling on the cable of the external device.
- Switch your neurostimulator OFF when driving. You can leave your device activated when you are a passenger.
- Avoid lifting objects weighing more than 2.25 kg (children, groceries, etc.).
- Avoid bending forward or backwards or making flexing, stretching, rotating or reaching movements for at least 8 weeks. After this period, you may gradually start doing these movements again, exercising caution.
- Avoid raising your arms. Keep them down, no higher than shoulder level.
- Switch your neurostimulator OFF if you have to pass through a business's anti-theft system. Walk normally through the middle of the device. Remain as far as possible from the sides of the detector and do not remain within proximity of the device. Once you have passed through the device, switch your neurostimulator back ON.
- Regularly check the batteries of your remote control (icon on remote control screen). When required, replace with good-quality, non-rechargeable batteries.
- If the stimulation becomes uncomfortable or is not felt at the correct site, switch your neurostimulator OFF using the remote control and schedule an appointment at the neuromodulation clinic.
- Keep your remote control away from water (e.g., sink, toilet bowl, etc.) to prevent damage.
- Bring your remote control and external device to your medical appointments.

## SIGNS AND SYMPTOMS YOU NEED TO MONITOR

Consult a physician if you have the following symptoms:

- Any changes to your surgical wound: redness, warmth, swelling, opening of the wound despite stitches, foul odour or discharge on the bandage;
- Chills and fever (above 38.5°C or 101.3°F);
- Dizziness or loss of consciousness;
- Intense or unusual pain;
- Constant headache;
- Weakness in an arm or leg that wasn't there before.

## DO YOU HAVE ANY QUESTIONS?

For any type of emergency, please go the emergency department of Hôpital Fleurimont. If your health status does not permit you to go there, then go to your nearest hospital emergency department.

### Neuromodulation clinic

Monday to Friday from 8:00 a.m. to 4:00 p.m.  
819-346-1110, ext. 13954

### Your local CLSC or Info-Santé 811

Evenings, nights and week-ends

### Medtronic customer service

1-888-660-4616 or medtronic.com

## REFERENCES

Online: **INESSS** ([inesss.qc.ca](http://inesss.qc.ca))

*Traitement de la douleur chronique non cancéreuse, neurostimulateurs médullaires et pompes intrathécales*, June 2013

**Medtronic** ([medtronic.com](http://medtronic.com))

Patient information regarding neurostimulation (2009), or <https://www.medtronic.com/ca-en/your-health/treatments-therapies/drug-pump-chronic-pain/neurostimulators-what-is-it.html>

### Author

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**Québec** 

## CHECKLIST

My appointment date: \_\_\_\_\_

If you need to cancel your appointment, please notify the staff by dialling 819-346-1110, ext. 13954.

Location; Hôpital Fleurimont

3001, 12<sup>e</sup> Avenue Nord, Sherbrooke