



Dr. Jamie Gottlieb, MD

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**Dr. Jamie Gottlieb's Post-Procedure Discharge Instructions for a Spinal Cord Stimulator Trial.**

**Office number: 469-528-1169**

**ACTIVITIES/DIET:**

- \*Avoid lifting more than 10 LBS (weight of a gallon of milk).
- \*Avoid bending or twisting at the waist. Keep your elbows below your shoulders, and do not raise your hands above your head for the duration of your trial.
- \*Do Not drive or operate hazardous equipment for 24 hours.
- \*Do not make any complex decisions or sign legal documents for the first 24 hours.
- \*Resume light activity as tolerated.
- \*Resume your normal diet as tolerated.

**Medications:**

- \*You may resume all medications as prescribed EXCEPT blood thinning medications which should not be resumed until directed by your physician!!!!
- \*You may take over the counter medications for relief of pain/discomfort as directed by your physician.
- \*Do Not increase prescribed pain medication without physician's consent!!!!
- \*If pain medication is not helping to relieve the pain, contact your physician's office for further assistance with pain relief.
- \*Do Not drive, drink alcohol, operate machinery or power tools while on narcotic pain medications.

**DRESSING:**



\*Keep dressing clean, DRY, and intact until seen in the office.

\*Do Not remove any part of the dressing; you may add gauze and tape to the dressing if necessary.

\*DO NOT BATH OR SHOWER UNTIL DIRECTED BY YOUR PHYSICIAN. YOU MAY SPONGE BATHE ONLY!!!!

\*Contact your physician if the dressing becomes saturated with blood.

Please feel free to call the office with any questions: 469-528-1169