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## **If you have had an Interstim placed:**

### **Stage I / PNE**

*Care for this type of surgery is very important!*

#### **General Care:**

- Limit physical activity until you have had at least 72 hours of change in your symptoms that is documented in the voiding diary.
- No workouts at the gym/walking/jogging for exercise.
- Avoid bending at the waist (may bend at the knees), twisting, heavy lifting (more than 5 lbs.), and heavy housework.
- Avoid sexual intercourse of any kind
- You may drive, but turn the device off!
- Do not remove the dressing as this may dislodge the wires
- Avoid pulling or snagging the wires that are implanted
- Avoid sliding in a chair or car seat. Lift your body to reposition as sliding may cause the wires to dislodge.
- Avoid tight-fitting clothing that may pull at the surgical site
- You should sponge bath only and avoid getting the area wet.
- Keep the area covered and dry.
- Do not change your diet or alter your fluid intake while in the testing phase.
- Do not alter your voiding habits such as trying to hold your urine or emptying if you do not feel that you have to. In other words, do not void unless you have the urge.
- **Take all antibiotics given to you!**

#### **When to call your doctor:**

- Increasing pain or severe pain
- Nausea or vomiting
- Temperature greater than 100.4 degrees
- If there is any redness, swelling, pus, fevers, or extreme pain at the incision site.

#### **When to call Medtronic/Your Doctor**

- If you do not feel the stimulation
- If you have difficulty operating the device
- You have any questions about the device or process of testing

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## **Stage II or Full Interstim:**

- Congratulations! You may now resume your full activities as before.
- You may shower as usual. Avoid hot tub baths, swimming, and hot tubs until the area is fully healed.
- You may remove the bandage the day after surgery. In most cases, there will be skin glue over the incision site that will peel off on its own. The stitches are under the skin and will dissolve on their own in a few weeks.
- **Take all the antibiotics give to you!**

## **When to call your doctor:**

- Increasing pain or severe pain
- Nausea or vomiting
- Temperature greater than 100.4 degrees
- If there is any redness, swelling, pus, fevers, or extreme pain at the incision site.

## **When to call Medtronic/Your Doctor:**

- If you do not feel the stimulation
- If you have difficulty operating the device or changing settings.
- You have questions about the device