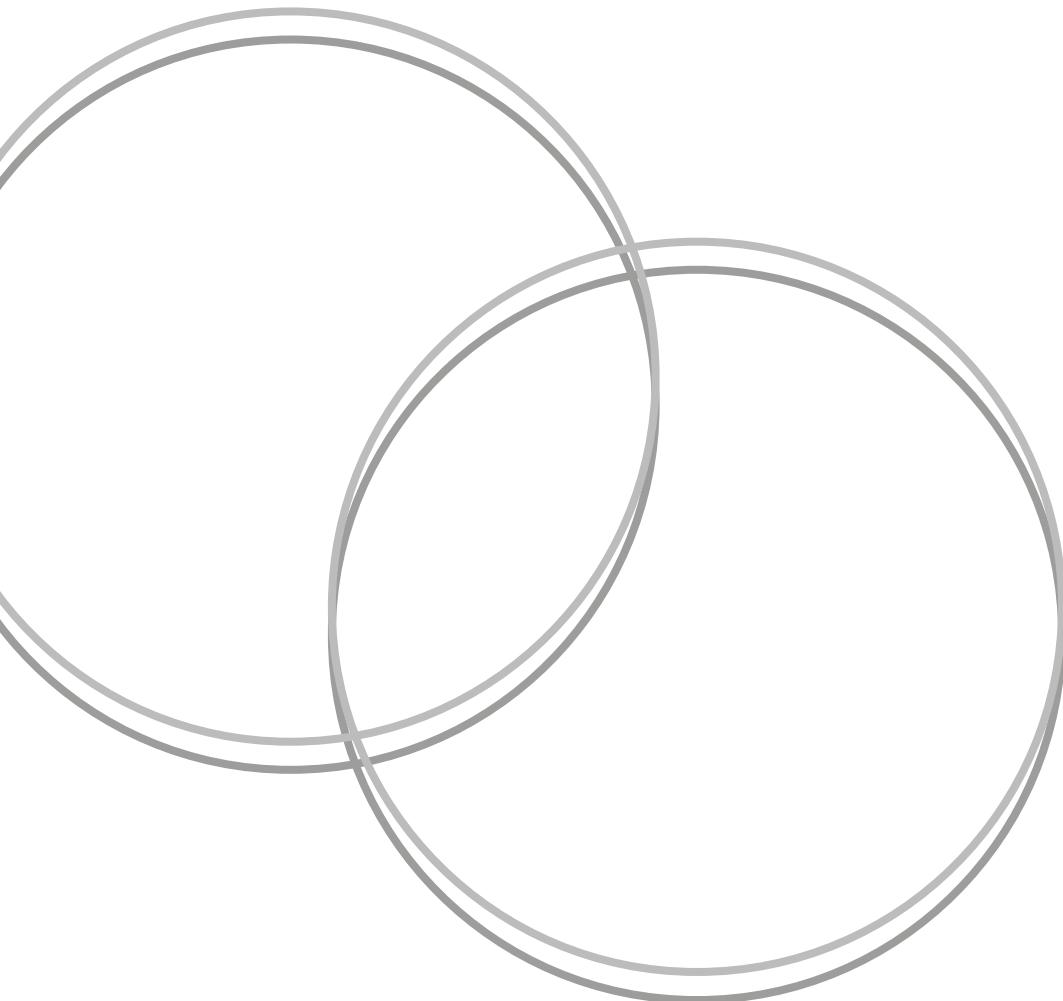


# **Advice after the insertion of a permanent sacral nerve stimulator**

**Information for patients**



During the procedure you will have been given some strong (but short-acting) painkilling medication. This may make you feel slightly drowsy for the rest of the day. Please make sure you have someone to drive you home and be with you overnight.

You are likely to start to feel some discomfort when the painkillers and local anaesthetic wear off. You can take more painkillers, such as paracetamol or ibuprofen, when needed (following the instructions on the packet). A member of the Pelvic Floor Team will tell you when you last had paracetamol, as you may have been given this during the procedure.

## **Wound care**

You will have two small dressings on your back. The stitches used to close both wounds are dissolvable and will gradually dissolve over the next few weeks. You will also have some Steristrips (paper 'butterfly' stitches).

You can remove the dressings after 2 or 3 days, but please leave the Steristrips in place. They will lift off as the wounds heal. You can bathe and shower after 2-3 days.

It is important to avoid any strenuous exercise, excessive bending or stretching for 6 weeks, to help prevent damage to the new implant and to allow everything to fully heal.

## **Signs to look out for**

Please contact the **Pelvic Floor Team** for advice if you notice any of the following at the site of your wounds:

- redness
- swelling
- pain
- heat
- coloured discharge.

These may be signs of an infection. Tel: **01865 235 881**

If you also have a high temperature (above 37.5°C), and this occurs during the evening, overnight, at the weekend or on a Bank Holiday, please contact your emergency out of hours GP service or NHS 111.

## **Using the stimulator**

We will usually turn on and program your stimulator on the day of the procedure. We will give you some training on how to use your controller before you go home.

You will be reviewed by telephone by one of the pelvic floor team after approximately 2-3 weeks to check how you are recovering, recap how to use your controller and answer any questions you may have.

If you do not experience an improvement in your symptoms immediately, please do not worry. It can often take a little while for us to find the program on the SNS which will be the most effective for you.

## **How to contact us**

If you have any concerns or worries at all after the procedure, please contact the Pelvic Floor Team.

### **GI Physiology/Pelvic Floor Services**

Tel: **01865 235 881**

Email: **[pelvicfloor.advice@ouh.nhs.uk](mailto:pelvicfloor.advice@ouh.nhs.uk)**

## Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

Author: Oxford Pelvic Floor Team

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