



## **Inland Neurosurgery Institute**

BRAIN, SPINAL, STEREOTACTIC, AND MICRONEUROLOGICAL SURGERY

255 East Bonita Ave., Building #9, Pomona, CA. 91767

1015 North First Ave, Arcadia, CA 91006

Ph: (909) 450-0369

Fax: (909) 450-0366

INIsurgeons.com

Scott C. Lederhaus, M.D.

Diplomate American Board of Neurological Surgery

Lew B. Disney, M.D., Ph.D.

Fellow Royal College of Surgeons

Jose L. Rodriguez, M.D.

Diplomate American Board of Neurological Surgery

Ramin AmirNovin, M.D.

Diplomate American Board of Neurological Surgery

## **Discharge Instructions:** **Vagal Nerve or Spinal Cord Stimulator**

### ***General:***

- Take the pain meds given you by your physician only as needed.
- Don't drive until cleared by your surgeon
- Do not have any dental/surgical procedures 2 weeks before & 2 months after your surgery
- Take stool softeners, lots of fluids, high fiber foods, and fruits/vegetables to prevent constipation.
- Stay mobile by walking (up to 30 minutes at a time)
- AVOID:
  - o Bending over or lifting more than 10-15 pounds
  - o Excessive activity for the first month after surgery
- Follow-up with your surgeon as indicated in your surgery packet.

### ***Wound care:***

- Keep wound dry for 2 days
- If your wound has a dressing, remove it 2 days after surgery (leave any glue and sutures in place)
- Shower after 2 days but do not take baths or swim
- After showers, dab wound dry
- Do not scratch wound

### ***Notify surgeon:***

- If your oral temperature is above 101 F
- If wound is leaking, red, or increasingly swollen
- If you develop new weakness or cannot urinate
- If you develop nausea, vomiting, sleepiness, or vision/speaking problems