

**Post-Op Instructions  
Recharge Free**



## **InterStim<sup>®</sup> Therapy for Bladder and Bowel Control**

**Patient Success Specialist:**

**(870) 577-6757**

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Bladder & Bowel Institute  
bladderbowelinstitute.com

1425 Rock Springs Road  
Harrison, AR 72601

Phone: (870) 741-1616  
Fax: (870) 741-2211

# POST-OP TIMELINE

## FIRST 12 HOURS

Do not drive, drink alcohol, make legal or important decisions

## FIRST 24 HOURS

Walk for at least 10 minutes every 1-2 hours

## AFTER 24 HOURS

Resume showering

## DAY 5

Remove sterile dressing

## DAY 7

Resume strenuous activity

## DAY 14

Remove steri-strips

May resume submerging in water (if incision is healed)

## Diets & Fluids

- Regular diet as tolerated.

## Dressing & Incisions

- Sutures are dissolvable—no need to return for removal.
- Remove sterile dressing after 5 days, but **DO NOT** remove steri-strips.
- Remove steri-strips after 14 days—get in shower, get them soapy wet, and gently peel them off.
- After removing steri-strips, wash incisions daily for 2 weeks w/ antibacterial soap and water, then pat dry.
- **DO NOT** use lotions, creams, ointments, antibiotic creams, hydrogen peroxide, or ice/heat on incisions for 2 weeks.

## Activity

- First 12 Hours—**DO NOT** drive, drink alcohol, or make legal/important decisions.
- First 24 Hours—Walk at least 10 minutes every 1-2 hours.
- After 24 Hours—You may shower the day after the procedure.
- Day 14: **DO NOT** submerge in water (no baths, no swimming, etc.) for 2 weeks (or longer if incision is not completely healed).
- May resume normal activities as you feel able, but avoid strenuous activities for 7-10 days.

## Medications

- Pain Medication
  - » We typically prescribe a mild pain medication.
  - » Take as directed if needed.
- Antibiotic
  - » We will prescribe Bactrim® DS (or equivalent).
  - » Take as directed until completed.

# LONG-TERM FOLLOW UP

## 2 WEEKS

Post-op appointment

## 6 WEEKS

Expect a call from your Patient Success Specialist

## EVERY 6 MONTHS THEREAFTER

Expect a call, email and text from your Patient Success Specialist

## 8-10 YEARS

Begin annual battery checks

## ANYTIME

If symptoms are not improved at least 50% from baseline for a prolonged period (1 week or more), call your Patient Success Specialist

## Medications (cont.)

- Other Medications
  - » Tylenol®: May take Tylenol® as needed.
  - » Stool Softener: May take a stool softener (such as Colace®) as needed.
  - » Non-Steroidal Anti-Inflammatory Drugs (NSAIDS): **DO NOT** take aspirin, ibuprofen (Advil®, Motrin®, etc.), naproxen (Aleve®), or any other NSAID for 3 days unless otherwise instructed by the doctor.
  - » Blood Thinners: Blood thinners are resumed per individualized instructions given by the doctor or your personal physician.
- Immediately resume all other regular medications unless instructed otherwise by the doctor.

## Immediately Call the Office

- If you experience excessive bleeding, swelling, fever, or unrelieved pain; or if the incision becomes red, inflamed, or has a foul smelling or discolored drainage.

## Post-Op Appointment (2 Weeks After Surgery)\*

*\*Long distance patients may opt for a phone visit with a nurse if not experiencing any problems.*

**Appointment (or Phone Visit) Date:**

## Medical Emergency

- If you feel you have a medical emergency, please call or go to your local emergency room and immediately notify your **Patient Success Specialist at (870) 577-6757** so the doctor can be notified of the situation.

## Can I adjust the level of stimulation?

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- Your stimulation level was programmed (set) by our staff before you left the clinic.
- Don't increase stimulation during 1st week.
- Your Samsung remote and communicator can be used to adjust the stimulation level.
- If symptoms have not improved after one week, you may increase the stimulation.
- Please make sure Samsung remote and communicator are charged prior to making an adjustment (charger is provided in the white box on day of surgery).
- For additional information, refer to instruction booklet included in white box or **call your Patient Success Specialist at (870) 577-6757.**
- We can typically help you make an adjustment in just minutes over the phone.

## What is normal stimulation?

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- Unlike the test stimulation period, you do not have to feel stimulation with the implant for it to be effective.
- Stimulation should never be uncomfortable or painful. If it hurts, turn it down.
- It's normal to get used to the feeling of stimulation over time. It's even normal to not feel any stimulation at all.
- Stimulation feeling may slightly increase or decrease with body position changes.
- If bladder/bowel symptoms are as good or better than the test stimulation period, further stimulation adjustments shouldn't be necessary.

## When should I contact my Patient Success Specialist?

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- If involved in an accident or suffer a fall or other trauma that could affect the implant.
- If symptoms are not doing as well as the test stimulation period for a prolonged period of time (1 week or greater).
- Always have Samsung remote and communicator charged and available when contacting your Patient Success Specialist.

## What should I expect after my implant?

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- Even with pain medication, it's normal for the incisions to be tender for a few weeks.
- For some patients, Overactive Bladder (OAB) medication may still be necessary to maximize symptom improvement.

## What precautions should I be aware of?

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- Inform doctor or medical staff about your implant before undergoing medical procedures or imaging.
- Your implant is full-body 1.5 and 3T MRI eligible.
- Patients must bring their Samsung remote and communicator to the MRI appointment so implant can be placed in MRI mode.
- Visit [www.bladderbowelinstitute.com/mri](http://www.bladderbowelinstitute.com/mri) for more details.
- Procedures you **CANNOT** have:
  - » Diathermy – deep heat treatment from electromagnetic energy.

## What about other medical procedures?

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- Use your Samsung remote and communicator to turn off your implant prior to any medical test, procedure or surgery. Implant can be turned back on upon completion of test, procedure, or surgery.

## What about airport security?

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- You received a temporary medical device card on the day of surgery.
- Carry this card with you at all times in case of medical emergency and while traveling.
- A permanent card will be mailed to you within a few months following the implant.
- At the airport, show your medical device card if required by airport/TSA security.

## Do I need to carry the Samsung remote with me?

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- It's not necessary to carry the Samsung remote and communicator with you at all times, but it should be available when you need to make adjustments to the stimulation. So, when traveling or going on a trip, it may be prudent to bring it with you. When remote and communicator are not in use, they may be powered off and stored.

## Long-Term Follow Up

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- If symptoms are not improved at least 50% from baseline for a prolonged period of time (1 week or more), **call your Patient Success Specialist at (870) 577-6757.**
- Expect a phone call from your Patient Success Specialist 1 day, 2 weeks and 6 weeks after implant to check on you, then every 6 months thereafter.
- Expect frequent emails and text messages from your Patient Success Specialist during the first month, then every 6 months thereafter.
- If your symptoms aren't improved by at least 50% from baseline, there are several adjustments that can be made to the settings of your device that may provide additional relief.
- Your Patient Success Specialist can generally help you make these adjustments in just a few minutes over the phone.
- If necessary, patients may opt to use our transportation service to return to the clinic for adjustments, and in certain situations, we even have the capability to send a staff member to your house.
- Beginning 8 - 10 years after implant, we will check your implant battery yearly to provide you an estimate of remaining battery life.

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# Managing Your InterStim® Therapy

Whether you are adjusting the level of stimulation on your own or your Patient Success Specialist is instructing you over the phone, these instructions will be a helpful guide. Please make sure the Smart Programmer and Communicator are charged prior to making an adjustment (charger is provided in the white box on day of surgery).

## Your InterStim® System

### Neurostimulator

Generates stimulation for your therapy



### Smart Programmer

Enables you to adjust and manage therapy



### Communicator

Connects the Smart Programmer with your neurostimulator



### Charger

Recharges the Smart Programmer and the Communicator



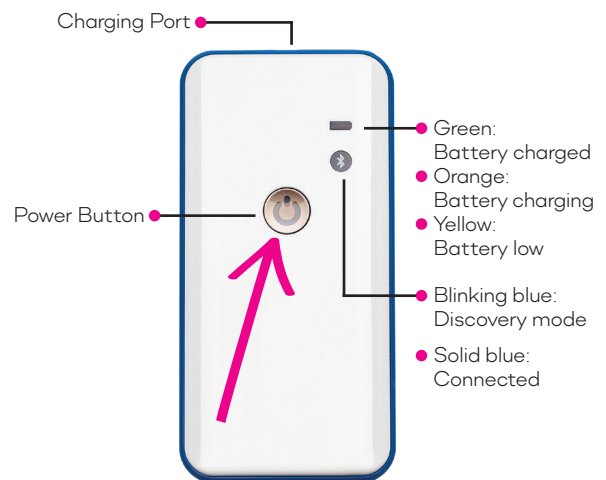
## Step 1 - Power-On Smart Programmer

Touch the Smart Programmer screen. If the screen does not turn on, hold down the power button on the right side of the device until it turns on. Then swipe the screen to unlock.



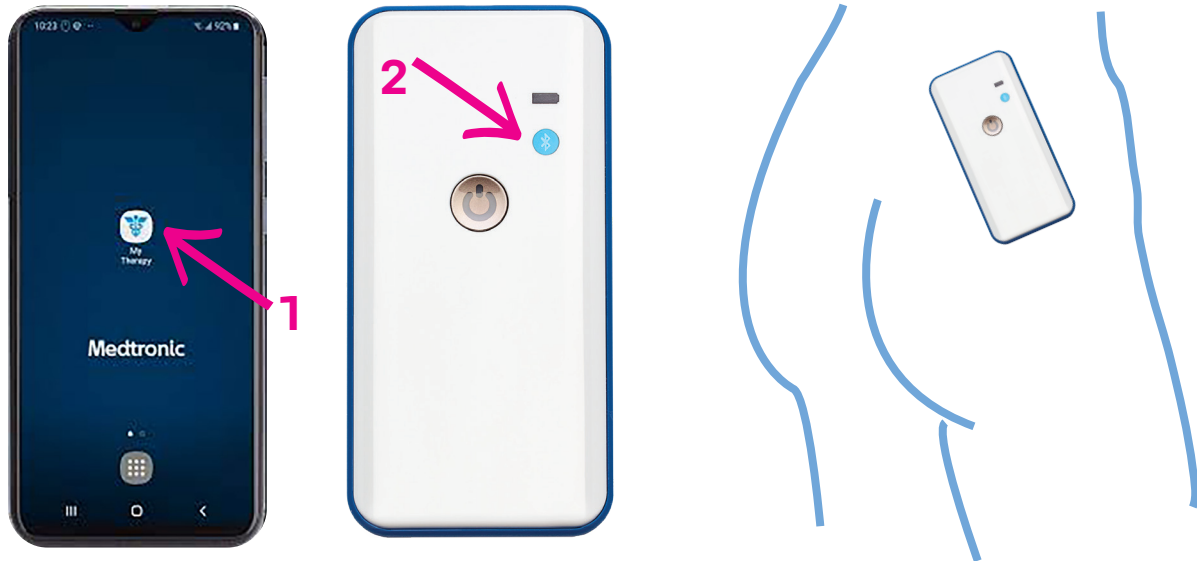
## Step 2 - Power-On Communicator

Press the power button on front of device. The Bluetooth light will begin blinking blue.



### Step 3 – Connect Smart Programmer w/ Communicator

Open *My Therapy* app on Smart Programmer (1). Wait for Bluetooth light on Communicator to stop blinking and turn solid blue (2). Place the Communicator over your implant with blue side against your skin, then tap **FIND DEVICE** on Smart Programmer.



*Tip: If the Communicator fails to connect, readjust its location over the implant and tap **RETRY**.*

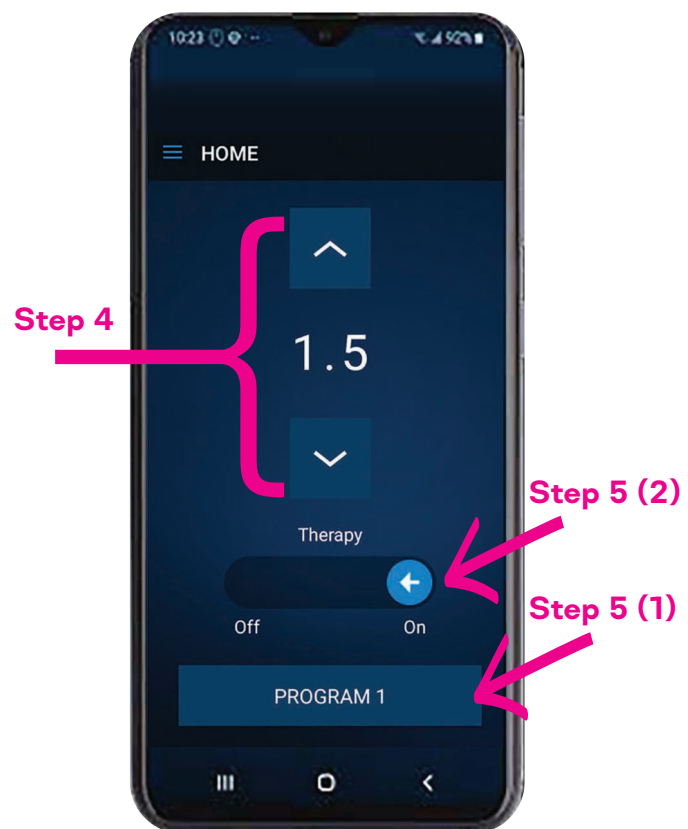
### Step 4 – Adjust Your Stimulation

The strength of your stimulation (amplitude) is shown in the middle of the screen when the *My Therapy* app is open. Tap the arrows up or down to increase or decrease stimulation.

### Step 5 – Performing Other Functions (Only as Directed by Patient Success Specialist)

Your Patient Success Specialist may instruct you to turn your therapy on or off or change your program. To change the program, tap the PROGRAM button at the bottom of the screen to display other available programs (1). To turn therapy on or off, swipe the BLUE ARROW to the left or right (2).

*Tip: Please do not change your program or turn therapy off unless instructed by your Patient Success Specialist.*





- 25+ Years Treating Bladder & Bowel Control Problems
- 7,500+ Sacral Nerve Stimulation Procedures Performed
- 35,000+ Patients Treated
- 30,000+ Seminar Attendees Educated
- #1 Global Provider of Sacral Nerve Stimulation Therapy

(870) 741-1616 | [www.bladderbowelinstitute.com](http://www.bladderbowelinstitute.com)

Patients Travel  
from Across the US



★ Bladder & Bowel Institute is located in Harrison, Arkansas, just 20 minutes south of Branson, Missouri

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