



Post-Operative Instructions for Intrathecal Pump Trial

General Instructions:

You must have a responsible adult with you for the next 24 hours to monitor your level of consciousness. If the patient has a change in mental status, is difficult to arouse, or becomes unresponsive, call 911 immediately.

You may feel lightheaded, dizzy, and fatigued. The sedation given may impair your judgement and coordination. We recommend:

- **Do Not** sign any legal documents or make any important decisions for 24 hours.
- **No** alcoholic beverages for 24 hours and/or while taking pain medications.
- **No** driving for 24 hours.
- You **need** a responsible adult to remain with you for the remainder of the day for your safety and to assist you with your activities.
- Advance to a normal diet as tolerated.
- Rest for 24 hours.
- Avoid baths, pools, hot tubs, and the ocean for 2 days or until cleared by your physician.
- Keep all dressings clean and dry.
- Cough and deep breathe frequently to promote good lung function.

Prescription Medications:

- Check with M.D. if he wants you to **decrease** your pain medication for the next couple of days or continue as needed.
- Take pain medicine as prescribed by MD. (Recommended to take with food to avoid nausea)
- Resume your blood thinner tomorrow, If Applicable.
- Resume all your normal medication, unless otherwise instructed by your physician.

Ice:

- You may experience some discomfort at the puncture site for several days. You may use ice for pain; however you must keep your dressing dry and intact. Apply to site 10-20 minutes, remove for 20 minutes to allow skin to return to normal temperature.
- **Do Not** apply heat for 2 days.

Follow-up Appointment:

- Call your physician's office tomorrow to schedule a post-operative appointment. You will need to be seen within the next 7-14 days.

Signs and Symptoms to Report to your Doctor; if you are unable to reach your doctor we recommend going to a nearby hospital for medical treatment.

- Fever greater than 101 degrees.
- Redness, swelling, or excessive bleeding.
- Foul smelling drainage from the site.
- Persistent nausea or vomiting.
- If you experience out of control pain or severe headache ie: pain that is not relieved with your prescription pain medications.
- If you experience any sudden increase in numbness or weakness of your extremities.

Call 911 Immediately for any difficulty breathing, profuse bleeding, or difficulty arousing patient.