



Post-Operative Instructions for Reactiv8 Surgery

General Instructions:

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.
- Avoid baths, pools, hot tubs, and the ocean for at least 2 weeks or until cleared by your physician.
- **Do Not** shower for 48 hours.
- Keep all dressings clean and dry.
- A small amount of blood/drainage on the dressing is normal.
- Cough and deep breathe frequently to promote good lung function.

Activity:

- Rest for 24 hours.
- Limit sexual activity until you are cleared by your physician.
- Avoid strenuous activity or exercising.
- No bending, twisting, reaching overhead, or lifting more than 10 lbs. for 6 weeks or until cleared by your physician.

Prescription Medications:

- Take antibiotics as prescribed by physician to avoid an infection.
- 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.

Device:

- **Your device will not be turned on until your 2 week follow up appointment.**
- **You will connect to the device 2x/day for 30 minutes.**
- **You will not notice any improvement for 6 - 12 weeks.**
- **Contact the rep. for more information.**

Ice:

- You may experience some discomfort at the incision site for several days. You may use ice for pain; however, you must keep your dressing dry and intact. Apply to site 15-20 minutes, remove for 20 minutes to allow skin to return to normal temperature.
- **Do Not** apply heat until your incision is healed.

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.
- If you experience any changes in stimulation or pain relief, notify your physician and/or Device Rep. This may indicate displacement of the stimulator leads or equipment malfunction.



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 incision.
- 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.