

POST OPERATIVE INSTRUCTIONS FOR SACRAL NEUROMODULATION (SNM) PERCUTANEOUS NERVE EVALUATION (PNE) PROCEDURE

Dear Patient,

You have successfully undergone the Sacral Neuromodulation Percutaneous Nerve Evaluation (PNE) procedure. To ensure optimal recovery and accurate assessment of the therapy's effectiveness, please follow these postoperative instructions carefully.

Immediately After the Procedure:

1. Recovery:

- a. You will be monitored in the recovery area until you are fully awake and stable. This usually takes about 1-2 hours.
- b. You may feel some discomfort or mild pain at the site of the lead placement, which is normal.

2. Transportation:

- a. A responsible adult must drive you home, as you will not be allowed to drive due to the effects of anesthesia.

At Home:

1. Activity:

- a. Rest for the remainder of the day following the procedure.
- b. Avoid strenuous activities, heavy lifting, and excessive bending or twisting for at least 48 hours.
- c. Gradually resume normal activities as tolerated, but avoid any activity that causes discomfort or strain at the lead placement site.

2. Pain Management:

- a. You may experience some mild pain or discomfort at the site of the lead placement. Over-the-counter pain medications such as acetaminophen (Tylenol) or ibuprofen (Advil) can be taken as needed, unless otherwise instructed by Dr. Kim.
- b. Avoid aspirin or other blood-thinning medications unless specifically approved by Dr. Kim.

3. Wound Care:

- a. Keep the dressing over the lead placement site clean and dry.
- b. You may remove the outer bandage after 24 hours, but leave any steri-strips or surgical tape in place until they fall off naturally.
- c. Avoid bathing, swimming, or soaking in a tub. Instead, take showers and gently pat the area dry.



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- d. If you notice any signs of infection, such as increased redness, swelling, warmth, or drainage from the site, or if you develop a fever, contact our office immediately.

4. Diet:

- a. Resume your regular diet as tolerated. Drink plenty of fluids to stay hydrated.

Monitoring and Evaluation:

1. Symptom Tracking:

- a. Keep a detailed diary of your symptoms, including any improvements or changes in your condition. This will help Dr. Kim evaluate the effectiveness of the PNE procedure.
- b. Note any changes in bowel or bladder function, as well as any relief or persistence of symptoms.

2. Follow-Up Appointment:

- a. A follow-up appointment will be scheduled within 1-2 weeks to assess the results of the PNE procedure and discuss the next steps.

Important Considerations:

1. Contact Information:

- a. Ensure our office has your current contact information and that of an emergency contact person.

2. Questions and Concerns:

- a. If you have any questions or concerns about your recovery, medications, or any other aspect of your postoperative care, please contact our office at (925) 430-5613.

3. Health Changes:

- a. If you experience any significant changes in your health, such as severe pain, difficulty urinating, or any other concerning symptoms, notify our office immediately.

Thank you for your cooperation. Your adherence to these instructions is essential for a successful recovery and accurate evaluation of the PNE procedure. We are committed to providing you with the best possible care and look forward to assisting you on your path to improved health.

Sincerely,

Dr. Ran S. Kim

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