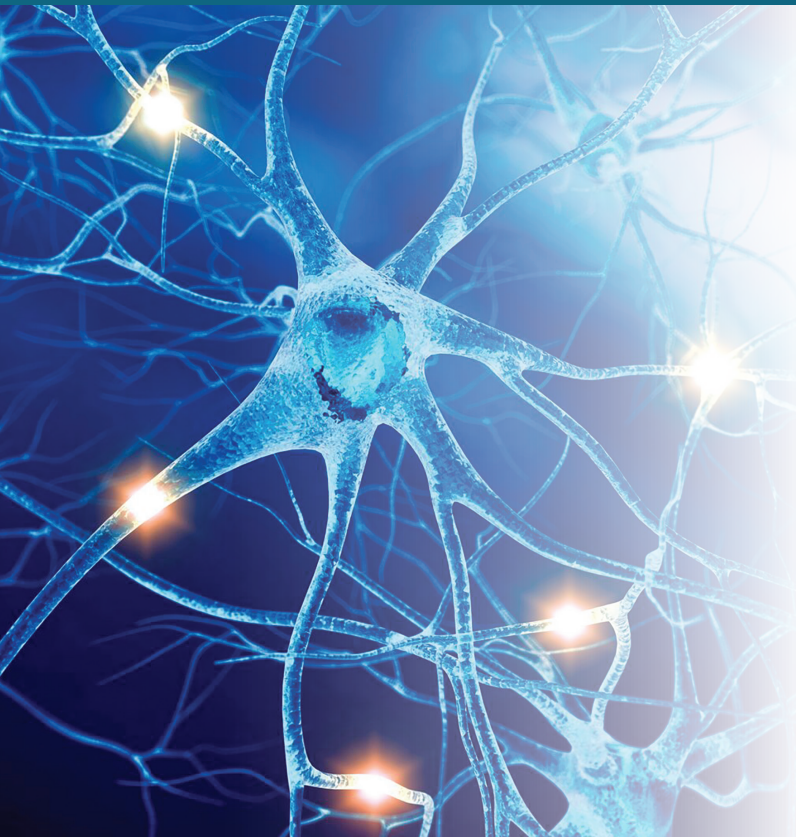


PERIPHERAL NERVE STIMULATION INFORMATION SHEET



Peripheral Nerve Stimulation (PNS) is relatively newer technology utilized for “end stage” pain. It involves placing a lead or small wire (without major surgery) at or nearby the selected nerve with the goal of “stimulating the nerve” with the hope of reducing or eliminating pain.

Its benefits are significant, and if effective, has allowed for much more effective pain relief, less reliance on medications like opioid medications, less overall healthcare costs, and greater compliance with physical therapy leading to increased physical activity.

- Authorization for PNS from the patient’s insurance is required.
- Psychological evaluation is a pre-requisite and must be finalized. CPC will provide the referral. This is a one-time appt. and must be completed within 2–3 weeks from decision day to move forward with PNS.
- PNS placement is done in the surgery center setting (NOT CLINIC).
- Same day minimally invasive procedure. This is NOT major surgery.
- Anesthesia is utilized in most cases and driver assistance is required.
- Preventive antibiotics are expected and will be administered on the same day of surgery and throughout the course of the trial.

**Device representatives are present throughout the process and will help with questions specific to device programming and utilization.

SPECIAL ATTENTION TO THE FOLLOWING DIRECTIVES:

1. Make sure you follow the NPO (nothing by mouth) guidelines explained to you prior to your appointment. Your case could be delayed or cancelled if you eat or drink outside of the guidelines.
2. Blood thinners require special attention. If you are on a blood thinner, you will need to be OFF for a specified time depending on the drug. Some medications require 5–7 day holds and clearance from your responsible provider. Make sure you understand the directions for blood thinner holds. Your case could be delayed or cancelled if you are unable to comply.
3. Antibiotics can cause stomach issues. We recommend probiotics of your choice and live culture yogurt to be taken during the antibiotic course.
4. Call the clinic or go to the ER if you recognize swelling, redness, warmth or oozing from any of the procedure sites.

PNS requires a TWO step process:

1. Trial period is NOT PERMANENT and certain parts of the wires will remain OUTSIDE of the body only throughout the trial.
 - a. 5–7day trial allows the patient to “test drive” the program(s).
 - b. Oral Antibiotics will be administered throughout the trial period.
 - c. The wires will be pulled out EVERY TIME after the trial is complete with pain results documented.
 - d. Pain diary will be utilized to capture results throughout the TRIAL period.
 - e. If the pain is greatly diminished (as defined as 50% or greater), then PERMANENT IMPLANTATION will be ordered.
2. PERMANENT implantation is the FINAL step in the process. This procedure will occur approximately 4–6 weeks after the trial period.
 - a. The trial and permanent process are similar.
 - b. Antibiotics will be administered prior to and for 7 days following permanent implantation.
 - c. The wires will be placed under the skin and a small incision is expected.
 - d. No wires will be visible.