



SPINAL CORD STIMULATOR (SCS) SURGERY INFORMATION

Dr. Joshua Rosenow

Pre-Operative Checklist

General

- Confirm surgery dates: STAGE 1 (Electrodes): _____ STAGE 2 (Battery): _____.
- Obtain blood tests/ x-rays/EKG and medical clearance from Northwestern Preoperative Services **AT LEAST 1 WEEK BEFORE SURGERY.**
- Obtain preoperative MRI or CT scan **AT LEAST 1 WEEK BEFORE SURGERY.**
- Stop medications which may cause bleeding 5-7 days before surgery, as directed (see attached sheet).
- Please make sure we have multiple correct phone numbers (home, cell) on file for you.*

The day before surgery – STAGE 1

- If you are ill, please call the clinic and let your physician or nurse know.
- The hospital will call you the afternoon before surgery with your surgery time. If your surgery is scheduled for Monday, you will receive a call on Friday. Please plan to report to the Ambulatory Surgical Unit (ASU) on the 5th floor of the Galter Pavilion (675 N. St. Clair) at least 2 hours prior to this time.
- DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT** the day before surgery (except approved medications with a sip of water, as directed by preoperative services physicians and Dr. Rosenow).

Day of surgery – STAGE 1

- Report to the Ambulatory Surgical Unit (ASU) on the 5th floor of the Galter Pavilion at least 2 hours prior to your designated surgery time. If you are not the first patient of the day, please be aware that these times are only approximate and that sometimes events occur faster or slower than scheduled.
- Surgery typically lasts between 1.5 and 2.5 hours. However, this is an average and your surgery may take more or less time. The OR nurses will call the surgical waiting area to let your family know when we begin surgery and update them approximately every 2 hours after that.
- Dr. Rosenow will talk to your family in the waiting area once you are in recovery.

Postoperative – STAGE 1

- In most cases, after surgery you will go back to the ASU before going home. If there is any change in this plan, Dr. Rosenow will discuss this with you and your family.
- Initial programming of your spinal cord stimulator (SCS) will be done in the recovery area of ASU, You will receive instructions on how to use your remote control and external battery.
- You will continue to take your usual pain medications.
- Dr. Rosenow will give you a prescription for antibiotic pills to take during your trial. Please take these as directed to reduce the chance of developing infection of the stimulator that would require removal of the device.
- ***You must not shower or get the bandages wet during the trial.***
- ***You may not drive during the trial.***
- ***Do not lift objects more than 5 lbs during the trial***
- You will have 2 bandages on your back. The one in the middle marked “REMOVE” can be removed 2 days after your surgery (usually the day will be written on the bandage). The bandage on your side with the wire(s) coming from underneath it must be left in place during the trial.
- X-rays will be taken to check the electrode positions before you go home.

The day before surgery – STAGE 2

- If you are ill, please call the clinic and let your physician or nurse know
- The hospital will call you the afternoon before surgery with your surgery time. If your surgery is scheduled for Monday, you will receive a call on Friday. Please plan to report to the Ambulatory Surgical Unit (ASU) on the 5th floor of the Galter Pavilion at least 2 hours prior to this time
- Do not eat or drink anything after midnight the day before surgery (except approved medications with a sip of water, as directed by preoperative services physicians and Dr. Rosenow)

Day of surgery – STAGE 2

- Report to the Ambulatory Surgical Unit (ASU) on the 5th floor of the Galter Pavilion at least 2 hours prior to your designated surgery time. If you are not the first patient of the day, please be aware that these times are only approximate and that sometimes events occur faster or slower than scheduled
- Surgery typically lasts about 1-1.5 hours. The OR nurses will call the surgical waiting area to let your family know when we begin surgery and when we are finishing.
- Dr. Rosenow will talk to your family in the waiting area once you are in recovery.
- Initial programming of your spinal cord stimulator (SCS) will be done in the recovery area of ASU, You will use the same remote control and will be given instructions about how to charge your battery.
- X-rays will be taken to check the electrode positions before you go home.

- You will continue to take your usual pain medications.
- You will continue to take the antibiotic pills for the rest of the day of Stage 2 and one full day after. You may then discard whatever pills remain, as we often give you a few more than you need.

Postoperative – STAGE 2

- You will have 2-3 bandages on your back. All of these can be removed 2 days after surgery.
- You may wash all your incisions 5 days after Stage 2.
- Please make sure you schedule the following appointments, if you have not already done so:
 - Staple/suture removal with Dr. Rosenow's nurse – 7-10 days after Stage 2
- See the detailed postoperative instructions attached.



Northwestern Medical Faculty Foundation

The Faculty Practice Plan of Northwestern's Feinberg School of Medicine

Neurosurgery Clinic:

Northwestern Medical Faculty Foundation

Department of Neurosurgery

Galter Pavilion

675 N. St. Clair St.

Suite 20-250

Chicago, IL 60611

(312) 695-8143

(312) 695-4075 FAX

PARKING

- Northwestern Memorial's main parking structure is located at the Huron/St. Clair parking garage, 222 East Huron St.
- Discount rates are available for patients and visitors going to Feinberg/Galter Pavilions.
- Parking receipts may be validated at customer service desks located in Feinberg/Galter Pavilions.

VISITOR INFORMATION

Visitors play an important role in helping patients recover. The following policy outlines guidelines for visiting inpatients and outpatients:

- Your family will be allowed to stay with you in the ASU until you go into the operating room.
- All visitors must have a visitor pass, available at all information desks.
- You will not be allowed to have visitors in the recovery room.
- General visiting hours are from 9 a.m. to 8:30 p.m.
- The Neurosurgical ICU is located on the 9th floor of the Feinberg Pavilion.
- The Neurosurgical patient floor is located on the 10th floor of the Feinberg Pavilion.
- A maximum of 2 visitors at a time may visit with a patient in the intensive care unit (ICU).
- The regular floor rooms have a fold-out couch for one person to stay overnight, if desired.
- Visitors under 12 years of age must be in the company of a responsible adult. Children under six years of age must be free from communicable disease and current with vaccinations.
- NMH has negotiated discounted room rates at hotels near the hospital. You may call 312-926-ROOM (6665) for a listing of participating hotels.



DETAILED PRE-OPERATIVE INSTRUCTIONS

Once your physician has scheduled you for surgery, there are some very important steps for you to take prior to your surgery. It is important that you follow these instructions so as not to delay your surgery.

1. Either in the clinic or by phone after your visit, you will talk with your Dr. Rosenow's nurse to coordinate lab work, additional studies, and select a date for surgery.
2. A pre-operative risk assessment is necessary for most surgeries – this should be performed at:

Northwestern Perioperative Services:

Northwestern Memorial Hospital

Galter Pavilion

201 E. Huron

5th Floor – Suite 110

Chicago, IL 60611

(312) 926-3627

(312) 926-6511 FAX

Using this service will help ensure that all of your preoperative information is in one place and will save both you and us the hassle of chasing your records down, which could lead to delays in your surgery.

3. Depending on your health history, we may require a letter of clearance from another specialist (cardiologist, pulmonologist, etc.).
4. Please stop all medication which can affect your bleeding **1 week prior to surgery**. These medications include:
 - Coumadin (warfarin)
 - Plavix
 - Aspirin
 - Any non-steroidal anti-inflammatory (NSAID). Common ones include:
 - Ibuprofen / Motrin/ Advil
 - Mobic
 - Naprosyn/Aleve

There are many more – if you are unsure, please contact us.

5. Tylenol and Celebrex are ok to continue.
6. Please make sure you report to the hospital on time the day of surgery so that there is enough time for your care.
7. Do not eat or drink anything after midnight the night before surgery, except certain medications with a sip of water.
8. **BRING YOUR FILMS** if we have not already obtained them from you and they were not performed at the downtown Northwestern medical center.
9. If you are going home the day of surgery, please have a ride available to pick you up. Typically, you can be ready to go 6 hours after your surgery.

REMEMBER! IF YOU HAVE ANY QUESTIONS, CONTACT US AS SOON AS POSSIBLE TO AVOID ANY DELAY IN YOUR SURGERY.

DETAILED POST-OPERATIVE INSTRUCTIONS –SCS Surgery

After your discharge from the hospital, you can expect the following:

1. At the time of discharge, you may be given some prescriptions for pain medication. If your primary pain physician has given you short acting medications, Dr. Rosenow may not give you more, as it is important to receive pain medication from only one physician.
2. If Dr. Rosenow does give you pain medication, it is important to understand that this medication is for the operative pain only and may not be refilled.
3. We will typically have you follow up with us 7-14 days after SCS Stage 2 to see the nurse in clinic for a simple wound check and to have any sutures or staples removed.
4. You will return to the clinic 4-6 weeks after surgery to see Dr. Rosenow again.
5. Regarding your incision:
 - a. Most dressings can be removed 2 days after surgery.
 - b. Unless otherwise instructed, you may gently wash your incision with soap and water 5 days after surgery.
 - c. Do not scrub the incision. Use an open hand.
 - d. Let the water rinse over the incision, rather than beat onto it.
 - e. Gently pat the incision dry.
 - f. Until otherwise instructed, do not immerse your incision (swimming, tub).
 - g. If you notice any drainage, redness, or the wound coming apart please contact us.
 - h. If your incision is closed with “skin glue” or steri-strips, they will fall off on their own. This may take 1-2 weeks.
 - i. Leave your incision uncovered (if it is not draining) - do not put any ointments or lotions on it.
 - j. In some cases, small pieces of stitches may be noticed coming from the wound – unless the wound is opening up or draining, do not be concerned.
6. Regarding physical activity:
 - a. We recommend that you not lift anything more than 5 pounds (e.g. milk jug or a phonebook) for the first 4 weeks after surgery.
 - b. You may continue normal activity such as walking, dressing, bathing, etc.
 - c. Refrain from housework or yardwork until you see your physician after surgery.
 - d. In most instances, avoid driving until otherwise instructed.
 - e. Your physician will discuss how to safely and gradually increase your activity level.
 - f. If needed, we may prescribe a physical therapy regimen.
7. Regarding returning to work:
 - a. Your surgeon will discuss with you the anticipated time off work.
8. Regarding travel:
 - a. There is usually nothing prohibiting you from traveling right after your surgery. However, you may be uncomfortable sitting still for a prolonged period.
 - b. You should refrain from airplane travel until cleared by your surgeon.

IF YOU HAVE ANY QUESTIONS, PLEASE DO NOT HESITATE TO CALL OR EMAIL US.