

# Spinal Cord Stimulation

## What is Spinal Cord Stimulation?

Spinal cord stimulation (SCS) is a device that is placed in the epidural space to stimulate the spinal cord. It is used to treat various conditions including Lumbar radiculopathy, peripheral neuropathy, Complex Regional Pain Syndrome, and Post-laminectomy Syndrome of the cervical and lumbar spine. This device stimulates nerves with micro-currents of electrical impulses to specific regions of the spinal cord. This changes the perception of pain. SCS produces a sensation of tingling in affected body region while decreasing the painful sensation.

## Why is Spinal Cord Stimulation helpful?

This is an implantable device that uses electricity, not medication, to decrease pain. SCS allows patient control with the use of a wireless handheld device. This personalization allows for the patient to manage their own therapy by adjusting the stimulation. This therapy has been shown to improve overall function, and increase participation in day to day activities.

## What will happen to me during the procedure?

The SCS trial procedure can take 20 minutes to an hour. You will be offered IV sedation by an Anesthesiologist. You will be placed on your stomach on a surgical table. Your back will be cleaned with a solution. Fluoroscopy (Xray guidance) will be used throughout the procedure. Temporary leads (thin, flexible wires) will be placed in the epidural space (spine). The external portion of the temporary leads will be taped securely to your back. You will then be taken to a recovery room.

## What should I do after the procedure?

You should rest the remainder of the day. You may experience temporary soreness from the procedure. You may use an ice pack on the sore area. No bending, lifting, or twisting the day of the procedure. Do not get dressing wet. Call our office if you experience fever, severe pain not managed with your pain medication, or have change in bowel or bladder function.

Pre & Post Procedure instructions can be found under the General Information tab, then select Procedures

Reminder: You must have a driver with you for your procedure

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