

After Permanent InterStim Placement

What to Expect After Surgery

Clinic: Houston Methodist Urology - Baytown
Phone: 832.556.6046
Follow-up: Usually 4-8 weeks after surgery.

Programming questions: For help with the programmer, settings, or stimulation, the Medtronic representative is an excellent first contact. The clinic is here for wound concerns, pain, fever, drainage, urinary problems, or anything that does not feel right.

What is normal	Call clinic / send MyChart or contact Medtronic rep	Go to the ER
<p>Soreness, bruising, or swelling Common near the buttock pocket and small back incision for several weeks.</p>	<p>Pain is getting worse, pain medicine is not helping, or the incision becomes more red, warm, or tender.</p>	<p>Severe uncontrolled pain, fast swelling, or heavy bleeding.</p>
<p>Small spotting or clear drainage A little drainage for 1-2 days can be normal. Skin glue flakes off on its own.</p>	<p>Drainage becomes cloudy, pus-like, bad-smelling, or increasing; incision opens.</p>	<p>Fever with chills, feeling very sick, or rapidly spreading redness.</p>
<p>Gentle stimulation Tapping, tingling, pulsing, or no feeling at all can be normal.</p>	<p>Stimulation is painful, shocking, or uncomfortable. For programmer/settings help, the Medtronic rep can guide you step-by-step.</p>	<p>Severe shock-like feeling that will not stop after turning the device off.</p>
<p>Symptoms may fluctuate Bladder or bowel symptoms often need setting adjustments over time.</p>	<p>Symptoms suddenly get much worse, the device seems off, or you cannot use the programmer.</p>	<p>Cannot urinate with painful bladder fullness, severe belly pain, or repeated vomiting.</p>
<p>Walking is encouraged Light daily activity is okay.</p>	<p>Questions about returning to work, exercise, travel, or driving.</p>	<p>Chest pain, shortness of breath, fainting, or one-sided calf swelling/pain.</p>
<p>Protect the new lead Avoid heavy lifting, deep bending, twisting, stretching, running, or jumping until cleared.</p>	<p>You fall, lift/twist hard, and then pain increases, stimulation changes, or symptoms return.</p>	<p>Fall with severe pain, leg weakness, numbness, or trouble walking.</p>
<p>Showering Usually okay after 24-48 hours if the incision is sealed. No baths, pools, or hot tubs until cleared.</p>	<p>The incision gets wet and then becomes red, painful, or starts draining.</p>	<p>Severe infection symptoms or bleeding that will not slow with pressure.</p>

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General Instructions

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Pain control: Use the pain plan from discharge. Many patients only need acetaminophen/Tylenol after the first few days. Avoid ibuprofen/naproxen if you were told not to take NSAIDs.

Incision care: Keep incisions clean and dry. Do not scrub the skin glue. Do not use ointment, peroxide, alcohol, or creams unless instructed.

Device / programmer: Use the programmer as taught. If stimulation is uncomfortable, you may lower it or turn the device off. The Medtronic rep is the best first contact for hands-on programmer help.

Activity: Walking is encouraged. Avoid heavy lifting, deep bending, twisting, stretching, running, and jumping until cleared. Most patients protect the lead for 4-6 weeks.

Driving: Do not drive while taking narcotic pain medicine. Drive only when alert, comfortable sitting/turning, and able to brake safely.

Future medical procedures: Tell other doctors you have a Medtronic InterStim implant. MRI may be allowed only under device-specific rules. No diathermy/deep heat treatment.

Call first when possible: For wound concerns, pain, fever, drainage, urinary problems, or medical questions, call 832.556.6046 or send MyChart. For emergencies, call 911 or go to the ER.

This handout is general guidance. Follow any specific instructions from your surgeon, surgical team, or discharge nurse.