

Peripheral Nerve Evaluation (PNE) Trial

What to Expect After Your Temporary Sacral Neuromodulation Test

Temporary wires were placed near the sacral nerves and connected to an external stimulator. Keep the dressing dry, protect the wires, use the stimulator as taught, and complete your symptom diary.

Clinic phone: 832.556.6046 | For non-urgent questions: call the clinic or send a MyChart message

What is normal

- Mild soreness, aching, bruising, or tenderness in the lower back or upper buttock area.
- Mild spotting of blood on the dressing.
- A pulling, tingling, tapping, buzzing, or vibration sensation from the stimulator.
- The stimulation sensation may change with sitting, standing, walking, or position changes.
- Bladder or bowel symptoms may improve, stay the same, or fluctuate during the test period.
- Mild tape irritation, itching, or skin sensitivity around the dressing.
- Needing to move carefully while the temporary wires are in place.
- Sponge bathing only while the dressing and wires are in place, unless your surgeon tells you otherwise.

Call the clinic or send MyChart

- The dressing becomes loose, wet, dirty, or starts peeling off.
- A wire appears to move, comes partly out, or you are worried it was pulled.
- The stimulator stops working, the battery dies, or you cannot feel stimulation anymore.
- The stimulation becomes painful, shocking, or too strong even after adjusting it as instructed.
- Your symptoms are much worse than before the procedure, or you are having trouble urinating.
- Increasing redness, warmth, swelling, pus-like drainage, foul odor, or worsening pain at the lead site.
- You are unsure how to use the stimulator, change settings, or complete the diary.
- You accidentally showered, soaked the dressing, or got the stimulator or wires wet.

Go to the ER

- Fever with chills, feeling very ill, or concern for a serious infection.
- Heavy bleeding that soaks through the dressing and does not slow with gentle pressure.
- Severe or rapidly worsening back, buttock, leg, or pelvic pain.
- New leg weakness, inability to walk, or severe/worsening numbness.
- Inability to urinate with painful bladder fullness, especially if you cannot reach the clinic.
- Chest pain, trouble breathing, fainting, or any emergency symptoms unrelated to the procedure.
- Any situation where you feel unsafe waiting for a clinic response.

This sheet is a general guide and does not replace instructions from your surgeon or care team.

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The goal of the trial is to see whether stimulation improves your symptoms. Protect the temporary leads so the test result is as accurate as possible.

Protect the temporary wires

- Keep the dressing dry. Do not shower, bathe, swim, or use a hot tub while the temporary leads are in place unless specifically instructed.
- Avoid heavy lifting, deep bending, twisting, stretching, strenuous exercise, or activities that may pull on the wires.
- Wear loose, comfortable clothing. Be careful when changing clothes so the wires do not catch or pull.
- Do not remove the dressing or pull on the wires yourself unless the clinic specifically instructs you to do so.

Stimulator and symptom diary

- Use the external stimulator as taught. The goal is comfortable stimulation - not painful stimulation.
- If the sensation is too strong, painful, or shocking, lower the setting as instructed and contact the clinic if it continues.
- Complete the diary as accurately as possible. This helps decide whether the trial was successful.
- Bring the diary and all stimulator equipment to your follow-up visit.

Follow-up and removal

- The clinic will call you to schedule a follow-up visit in about 1 week.
- At that visit, the temporary leads are removed in the office. Removal is typically quick and does not require another surgery.
- Your surgeon will review whether the test helped and discuss whether you are interested in scheduling the full implant.
- A successful test does not guarantee long-term success, but it helps decide whether a permanent implant is worth considering.

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