

WHAT TO EXPECT AFTER YOUR INTERSTIM PROCEDURE

Dear Patient:

Please follow these guidelines to ensure the best possible outcome after your procedure:

- ✓ Start documenting your incontinence/stooling again in the diary (Bowl Symptom Tracker), just as you did prior to the procedure. Bring this with you to the next office appointment.
- ✓ Take Tylenol for pain if needed.
- ✓ Dressings over the lead wires should not be removed.
- ✓ Do not shower or soak in a bath. Please only sponge off, or use wet wipes to clean.
- ✓ Keep the next doctor's appointment. We will remove the leads at that time.
- ✓ Limit exercise and excessive bending at the waist.

Report the following to Dr. North:

- ✓ Signs of infection: fever over 101 degrees; redness, tenderness or swelling at the site; foul smelling yellow drainage from the site (a small amount of drainage is normal).
- ✓ If you have any questions regarding these instructions, your medications, or allowed activities, please call 970-669-5432.

