

# Neuromodulation Trial

We have put together this booklet in order to answer some of the most frequently asked questions and to give you some support and guidance for your neuromodulation trial. It is provided as a general guide and does not replace specific medical advice, which should be sought if you have concerns.

The nursing team at Metro Pain Group are available to answer any questions you may have that have not been addressed in this document, you can contact the team on (03) 9595 6111.

**For your procedure today you have been given a light sedation. For this reason, you should not drive, sign documents or make important decisions for the next 24 hours.**

A trial of neuromodulation is carried out to establish how much your pain may be reduced by electronic stimulation of your nerves. Leads are temporarily placed into a suitable position and brought out through the skin to be attached to an external nerve stimulator.

## Post Procedure Pain

You may experience some minor discomfort from the small incisions where the stimulator leads have been inserted and sutured in place, this can be relieved with simple analgesics.

## Wound Care

When you leave the hospital, you will have dressings over the lead site and tape covering the exposed portion of the leads. These must remain dry and intact for the duration of the trial. Please do not shower during this time.

## Signs of Infection

If you notice any of the following, call the clinic or visit your GP:

- Excessive redness, heat or swelling at the lead insertion site
- Excessive pain or tenderness around the site.
- Significant discharge visible on the dressing – clear, yellow, brown or green
- Fever, nausea or generally feeling unwell

If you feel unwell overnight, go to your local hospital as soon as possible.

## Physical restrictions

As the trial leads are only inserted in a temporary position, care must be taken that they do not move during the trial period. You must take care to restrict excessive movement of your torso. In particular, you should avoid stretching, twisting, bending too far, reaching overhead and lifting more than about 2 kg of weight.

Examples of these movements would be:

- Hanging washing on the line
- Pushing or pulling a shopping trolley
- Reaching into an overhead cabinet
- Bending down to tie up shoe laces

## Assessing your response

During the trial you will be contacted regularly by technicians from the stimulator device company. They will keep a record of the programmes that have been trialled and your response to them. This will help to build a picture of how successful your trial has been and whether you would be an appropriate candidate

## Removal of trial stimulator leads

At the end of the trial period you will have been booked for removal of your trial leads. This procedure is performed under sterile conditions in the operating theatre. It is a simple procedure that does not require sedation, therefore you are permitted to drive yourself home afterwards if you desire.

## What's next

If your trial is successful, you will be contacted by a member of the Metro Pain Group administrative team to schedule a permanent implant. This would usually be booked at an interval of approximately 2 – 4 weeks after your trial.

## FOR ANY CLARIFICATION OR CONCERNS RELATED TO THE PROCEDURE:

Please phone: 03 9595 6111 (during clinic hours) | E-mail: info@metropain.com.au  
After Hours Emergency Phone: 1300 070 345

If the pain seems extreme or there are any signs of general illness including a fever, nausea or other specific concerns, contact the Clinic, visit your GP or proceed to your nearest Emergency Department.