

Wound Care Advice for Patients following Spinal Cord Stimulator Implantation

You have been given this leaflet because you had your spinal cord stimulator (SCS) implanted as part of your chronic pain management plan.

Your surgical wounds will be changed by the nurses on the ward prior to your discharge and you will be provided with spare dressings so you can change them once you are at home.

How to care for your surgical wound

For the first 48 hours post-surgery it is important that you do not get your wound wet. This means avoiding showers and baths. After this initial period it is acceptable to have brief showers but please try to keep the wound as dry as possible.

Underneath your dressing the wound will have Steri-Strips; these are not to be removed when changing the outer dressings and should remain in place until they are almost “falling off”.

It is normal for surgical pain to last for six weeks. Please avoid excessive twisting or stretching for the first 12 weeks following implantation.

Signs and symptoms of a potential infection

Wound infections are rare but require urgent medical attention. Please contact your Neuromodulation Nurse immediately if you notice any of the following:

- Redness
- Pus (this can be clear, white, yellow or green)
- Increased pain or tenderness (that is different to your surgical pain)
- Feeling generally unwell despite all seeming well with the surgical wound
- Raised temperature.

If you have any concerns you can email wound photos to Neuromodulation@stgeorges.nhs.uk or you can leave a voice message on **020 8725 2332** (Please note this is just an answer phone service). Alternatively, you can seek advice from your GP practice nurse or call **NHS 111**.

Wound check

You will have been provided a wound check appointment with the Neuromodulation Nurse before being discharged from the ward. This is usually two to three weeks post implant. If you have not received this appointment please contact the Patient Pathway Coordinator on **020 8725 0226**.

If you suspect that you have an infection please contact either the Neuromodulation Nurse or the Patient Pathway Coordinator immediately.

Contact us

If you are unsure or need further advice please contact the Chronic Pain Service, in office hours (Monday to Friday 9am to 5pm) by phoning St George's Hospital on **020 8266 6524** or **020 8266 6577** and asking the operator to bleep the SCS pain nurse who will then call you back.

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit www.stgeorges.nhs.uk

Additional services

Patient Advice and Liaison Service (PALS)

PALS can offer you on-the-spot advice and information when you have comments or concerns about our services or the care you have received. You can visit the PALS office between 9.30am and 4.30pm, Monday to Friday in the main corridor between Grosvenor and Lanesborough wings (near the lift foyer).

Tel: 020 8725 2453 **Email:** pals@stgeorges.nhs.uk

NHS Choices

NHS Choices provides online information and guidance on all aspects of health and healthcare, to help you make decisions about your health.

Web: www.nhs.uk

NHS 111

You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

Tel: 111

AccessAble

You can download accessibility guides for all of our services by searching 'St George's Hospital' on the AccessAble website (www.accessable.co.uk). The guides are designed to ensure everyone – including those with accessibility needs – can access our hospital and community sites with confidence.



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