



Department of Surgery  
Section of Colon and Rectal Surgery  
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## Interstim Post-Operative Care

**You play an important role in your own recovery.** You will be given a daily diary to document the effectiveness of the Interstim implant. After each surgery you will have post-op follow-up as listed below:

**Stage 1** (temporary lead placement): After discharge from the hospital a nurse from the office will be in contact with you every other day to assess the effectiveness of the device.

**Stage 2** (permanent implant placement): After your second surgery you must call the office to make a post-op appointment for **2 weeks** after discharge.

### Caring for Your Wound

- After surgery you will have a dressing over the surgical site.  
**Do not remove or change the dressing.** If your dressing becomes saturated or undone, you may reinforce it with more tape and/or gauze but you should call the office to be evaluated.

### Post Surgical Pain Management

- It is normal to experience some discomfort post operatively, however the stimulation should not be painful.
- Take Tylenol 650mg 1-2 tabs every 4-6 hours as needed if you feel tenderness from surgical incision (Do not to exceed 4000mg daily) or Motrin 200mg 1-2 tabs every 4-6 hours.  
**Warning: Do not take additional Tylenol while taking Percocet or Vicodin. All of these products contain Acetaminophen, which can be toxic if taken in excess.**

### Stimulation

- Stimulation is the “pulling” or “tingling” sensation felt in the pelvic area (near the vagina, scrotum or anal area.) It should not be painful. If it is painful or you feel the stimulation sensation move down the legs decrease the stimulation and call the office and speak to a nurse.
- During the trial period (stage 1) you may notice that the Interstim device has improved your continence which means it is working and on the correct setting. If you are having episodes of incontinence you will need to increase your device setting by moving the dial up slowly.

### Activity

- Avoid heavy lifting or strenuous activity for 14 days after your surgery.
- Frontal Showers or Sponge bath only for two weeks after each surgery. Avoid immersion in any water until after your post-op appointment.

### Symptoms to Report

- Severe or worsening pain, unrelieved by pain medications.
- Fever, greater than 101.5°F, chills or sweats
- Painful or problems urinating
- Any problems with the device

You may also call the **Medtronics Patient Help Line** for help troubleshooting your device.  
For help with the temporary implant Call **877-249-9157**.  
For help with the permanent implant Call **800-510-6735**.