



Permanent Sacral Nerve Stimulator procedure

After care:

- You may feel a tingling or pulsing sensation around the anus, which should not be uncomfortable, or controlled with paracetamol if mild discomfort.
- Keep your dressings clean and dry for 48 hours.

Things to avoid:

- **Bathing:** you can shower after 48 hours once you have taken your dressings off. Do not bathe/immerse yourself in water (e.g. swimming) for 2 weeks.
- **Strenuous activity or sport** e.g. bending, twisting, lifting, high impact/contact sports for 6 weeks.
- **Scuba diving below 10m** or use of **hyperbaric chambers**.
- **MRI scans** – your device is MRI compatible but always discuss with your radiographer first.
- **Medical procedures involving cautery** – tell any doctor treating you that you have an SNS system in place. You will be given a card to carry.

You should:

- Turn your stimulator down when driving or operating heavy machinery.
- Continue sexual activity as normal.

Contact the Pelvic Health Team (or your GP/111) if you notice:

- Signs of infection (temperature, swelling, redness, discharge)
- Bruising or bleeding around your wound.
- Pain over the wound.
- Problems emptying your bladder – pain, burning, urgency, frequency, incomplete emptying.
- Battery failure, device malfunction or lead breakage/migration.

Note: The Pelvic Health Team are a weekday service, who you can call and leave a voicemail for- they will triage calls every Thursday and ring back.

Long term considerations:

- **Persistent or recurrent symptoms** – contact the Pelvic Health Team so they can work out the best programme for you.
- **Pain** – this may be helped by turning down levels or adjusting the programme. If sudden pain, try turning the device off.



Key Contact numbers

If you have any concerns, you can contact:

Pelvic Health Team (8am-4pm Monday – Friday): **02921 846541**

Surgical Hub (First Floor, 7am-7pm Monday-Friday):

02921 826510 or 02921 826348

Your GP

111 for out of hours GP services or A&E