Interstim II

Diet

• Return to your normal diet.

Bowels

• Avoid constipation. Take an over-the-counter stool softener daily for a week; take a mild laxative if needed.

Bathing

• Normal showering is fine; no tub bathing for 1 week. If your operative site dressing stays too wet, or bothers you, remove it; otherwise, leave it on for 3-4 days.

Sexual activity

• No limitations related to the procedure.

Activity

• Rest quietly the day of surgery.
• It is OK to go up stairs.
• Slowly return to normal activity as your energy improves.
• Absolutely no back straining like heavy lifting, heavy pushing or heavy housework, yard work, shoveling, sports, swimming, and power walks or long walks for 1 week.

Reasonable expectations and when to call the office

• Fever and/or chills with a temperature greater than 100.5° F, two episodes four hours apart.
• Unusual pain or burning or redness at the implant site.
• If you are unable to urinate/
• Expect mild to moderate pain at the implanted battery site.

Pain Relief

• Over-the-counter Ibuprofen products, like Advil or Motrin 600 mg every 6 hours or 800 mg every 8 hours as needed.
Antibiotics
- Augmentin 500mg 2 tabs per day for 7 days.
- Diflucan 150mg - take this if you feel like you are getting a yeast infection.

Post-op Follow-up
- Call the office to be seen 2 weeks after your procedure.

Call the office for any questions or concerns (315) 492-5005.