

### Peripheral Nerve Stimulation System (PNS) w/sedation

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| <b>What is it?</b>  | The Sprint PNS System, short term treatment uniquely designed to recondition the central nervous system for significant and sustained relief from chronic and acute pain. A 60 day treatment that is drug free, minimally invasive, and there is no permanent implant. Sprint PNS System is indicated for patients with head/neck pain, shoulder pain, back pain, knee pain and nerve trauma. A small pulse generator, controlled by a hand-held remote, sends gentle pulses through a very small lead to stimulate the nerve.  |
| <b>How is it done?</b>  | A Minimally invasive, non-surgical procedure: The physician may use local anesthesia to make the procedure more comfortable. A small probe is used to place a thread like lead (wire) near the pain location by the physician. When the lead is in the desired location stimulation will be gradually turned on. You may experience sensations that are tingling, vibrating, massaging or muscle tension. The physician will try different positions for the lead, around the nerve, to determine the best location for the leads, adjusting stimulation each time. Throughout the process you will be asked to describe what you feel. This will help the physician determine final location for the lead placement. Once that is determined the lead wire will be connected to the stimulator and a waterproof bandage will be applied over the site where the lead exits the skin. You will be taught how to use the stimulator and how and when to change bandage. The stimulator will remain in place for 60 days at which time it will be removed in the office.  |
| <b>Risks of the procedure include, but are not limited to:</b>          | <ul style="list-style-type: none"> <li>• Pain in the area where the probe/lead was/were inserted. This can last 2-3 days, and can be treated by using mild analgesics (pain medication) such as Motrin, Naprosyn or Tylenol.</li> <li>• Risks of local anesthetic's include, but not limited to: allergic reaction to the medication and soreness at the injection site, seizures and cardiac arrhythmias.</li> <li>• Skin irritation (which may include inflammation, mild blistering, and/or erythema), pressure sore from lead connector block, itching at electrode exit site, granuloma, pain after electrode placement, bleeding or infection at the insertion/exit area, and temporary numbness or weakness.</li> <li>• Nerve damage, paralysis, stroke and even death.</li> <li>• Lead breakage and retainment of fragment under skin upon removal.</li> </ul> <p>* If you ever had an allergic reaction to anesthesia, you must tell your doctor before the procedure is done.</p> <p>* Tell your doctor before the procedure if taking blood thinners, have a blood disease that affects clotting, have a bowel obstruction and/or have an uncontrolled infection or are taking antibiotics.</p> <p>* Bleeding in the area of the injection due to damage to blood vessels.</p> |
| <b>MRI's prohibited while the lead and its components are in place.</b> | Patients who require Magnetic Resonance Imaging (MRI) will need to plan accordingly. <u>While the Sprint PNS is in place MRI's will be prohibited.</u> The Sprint PNS lead and its components must be removed from the body before an MRI can be performed.   |
| <b>Discharge Instructions: Activity</b>                                 | Limit strenuous activity & motion (twisting, bending, climbing, lifting) near the implant for at least one week. Avoid excessive stress (tugging, pressure, heat) to the stimulation device. Resume exercise and/or physical therapy when directed by your doctor. <u>Do not use the system while driving, operating machinery, or during any activity in which sudden muscle tension may put you at risk of injury. Never soak the exit site in water.</u> It is ok to shower but no bath or swimming. Always remove the stimulator and mounting pad from the body and use the waterproof bandage over the exit site when showering. <b>Review the Warnings, Precautions &amp; Risk section of the Patient Instructions for Use.</b>   |
| <b>Discharge Instructions: System Use At Home</b>                       | Pulse generator must be snapped onto the mounting pad and the entire surface of the mounting pad must be in contact with the skin. All cables must be firmly connected. If stimulation ever feels uncomfortable or painful, decrease the intensity to a level that is comfortable. Replace & recharge battery when icon on the remote shows only one bar. Always have a battery charging in the recharging base.  |
| <b>Discharge Instructions: Cleaning And Care</b>                        | Do not pull on the lead wire. Change your mounting pads (daily), cradle and bandage (weekly or as needed). Clean skin under bandage with mild soap/water or with alcohol wipe and allow to dry. When placing new bandage make sure adhesive does not touch lead or connector. Check skin under bandage for redness, swelling, drainage or bleeding during changes. If any of these are present or if a lead is pulled out notify your <b>Sprint Representative.</b>   |
| <b>Troubleshooting:</b>   | <b>Review the Quick Start Guide for instructions. If you are running low on supplies, need help or have questions contact your Sprint Representative.</b>   |



## INSTRUCTIONS REGARDING YOUR PROCEDURE

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| <i>Will I receive a pre-procedure phone call?</i>                     | A nurse will call you 24-48 hours prior to your procedure. They will ask you a few important medical questions, <b>AND</b> will confirm your appointment. We must have <b>a verbal confirmation from you 24-48 hours prior to your procedure.</b> Failure to return our call could result in your procedure being rescheduled. The number to call us back is: (315)-552-6700  |
| <i>Where can I obtain more information about my procedure?</i>        | Please visit our website <a href="http://www.nyspineandwellness.com">www.nyspineandwellness.com</a> . It contains demonstrations of some of the procedures we offer. In addition, we have other helpful information and links to other sites. Additional instructional videos and patient resources are available at the SPR Therapeutics website: <a href="http://www.sprtherapeutics.com/quickstart">www.sprtherapeutics.com/quickstart</a> |
| <i>Can I drive home from the procedure?</i>                           | You <b>MUST</b> have a ride home, and your driver should remain on site for the duration of the procedure. You must not drive or operate heavy machinery for 24 hours.  |
| <i>Can I eat Breakfast?</i>   | No, <b>DO NOT EAT OR DRINK</b> for <b>4</b> hours before your procedure. However, you may take your medicine but with only a <b>small sip or water.</b>   |
| <i>Do you take a blood thinner or biologic medication?</i>            | <b>Our provider will advise you on the number of days to hold your blood thinner and/or biologic if a hold is required. Sometimes we may have to contact the Doctor who has prescribed the medication for you to learn how long it is safe for you to be off the medicine prior to your procedure. If our provider does not advise you, then one of our nurses will call you when we have obtained that information.</b>                      |
| <i>Can I take aspirin, if it is prescribed for cardiac or stroke?</i> | <b>If you are taking Aspirin for cardiac or stroke, you must REDUCE your Aspirin to 81 mg 7 days prior to procedure date.</b>   |
| <i>Can I take ASPIRIN if taking for pain or headaches?</i>            | NO. If you take ASPIRIN or products containing ASPIRIN for <b>PAIN or HEADACHES</b> , you <b>MUST STOP</b> 7 days prior to procedure. Products include but are not limited to: EXCEDRIN, FIORINAL, AND ALKA SELTZER, etc.   |
| <i>Can I take the rest of my medications?</i>                         | Yes, only with a small sip of water. But <b>DO NOT TAKE</b> Blood Thinners, Biologics (if advised to hold), Elmiron, Aspirin, Aspirin containing products if taking for pain and/or headaches.  |
| <i>What time is my procedure?</i>                                     | You will receive a phone call one or two business days prior to your procedure to remind you of the time you should arrive for your procedure (usually 30-40 minutes prior to the scheduled time) and the location.<br><b>PLEASE BE ON TIME.</b><br>*some pts may receive a call to confirm insurance information.  |
| <i>How long will it take?</i>   | We ask that you plan <b>1½ -3 hours</b> from the time you arrive at the center to the time you are discharged. Please understand that circumstances sometimes arise that are out of our control, which cause a longer delay. Please plan accordingly.   |
| <i>What do I bring?</i>   | You <b>must</b> bring with you:<br>1. Your current insurance information<br>2. A list of your prescription medications, any over-the-counter medications, vitamins, nutritional supplements or herbal products that you take. Please <b>include the strength and frequency.</b>   |
| <i>What shall I wear?</i>   | Please wear comfortable loose fitting clothing.   |
| <i>Can I wear jewelry?</i>  | No. Please leave all jewelry and other valuables at home. We are unable to store them safely. Any body-piercing jewelry must be completely removed, as this may interfere with the x-ray machine.   |
| <i>What to do if you are ill or have to cancel?</i>                   | Please call our office (315)-552-6700, 24 hours in advance if you are unable to keep your appointment. We do charge patients for no shows.  |