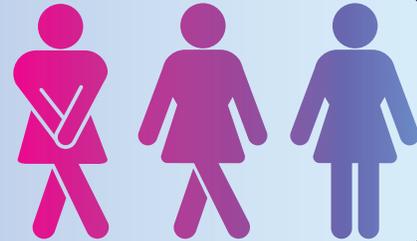


Post-Op Instructions
Rechargeable



**InterStim[®] Therapy for Bladder
and Bowel Control**

Patient Success Specialist:

(870) 577-6757

Dr. Chris Taylor
www.drchristaylor.com

1425 Rock Springs Road
Harrison, AR 72601

Phone: (870) 741-1616
Fax: (870) 741-2211

POST-OP TIMELINE

FIRST 12 HOURS

Do not drive, drink alcohol, make legal or important decisions

FIRST 24 HOURS

Walk for at least 10 minutes every 1-2 hours

AFTER 24 HOURS

Resume showering

DAY 5

Remove sterile dressing

DAY 7

Resume strenuous activity

First Recharge

DAY 10

Remove steri-strips

DAY 14

May resume submerging in water (if incision is healed)

Second Recharge

Diets & Fluids

- Regular diet as tolerated.

Dressing & Incisions

- Sutures are dissolvable—no need to return for removal.
- Remove sterile dressing after 5 days, but **DO NOT** remove steri-strips.
- Remove steri-strips after 10 days—get in shower, get them soapy wet, and gently peel them off.
- After removing steri-strips, wash incisions daily for 2 weeks w/ antibacterial soap and water, then pat dry.
- **DO NOT** use lotions, creams, ointments, antibiotic creams, hydrogen peroxide, or ice/heat on incisions for 2 weeks.

Activity

- First 12 Hours—**DO NOT** drive, drink alcohol, or make legal/important decisions.
- First 24 Hours—Walk at least 10 minutes every 1-2 hours.
- After 24 Hours—You may shower the day after the procedure.
- Day 14: **DO NOT** submerge in water (no baths, no swimming, etc.) for 2 weeks (or longer if incision is not completely healed).
- May resume normal activities as you feel able, but avoid strenuous activities for 7-10 days.

Medications

- Pain Medication
 - » We typically prescribe a mild pain medication.
 - » Take as directed if needed.
- Antibiotic
 - » We will prescribe Bactrim® DS (or equivalent).
 - » Take as directed until completed.

LONG-TERM FOLLOW UP

Recharge Weekly

2 WEEKS

Post-op appointment

6 WEEKS

Expect a call from your Patient Success Specialist

EVERY 6 MONTHS THEREAFTER

Expect to hear from your Patient Success Specialist

15 YEARS

Begin annual battery checks

ANYTIME

If symptoms are not improved at least 50% from baseline for a prolonged period (1 week or more), call your Patient Success Specialist

Medications (cont.)

- Other Medications
 - » Tylenol®: May take Tylenol® as needed.
 - » Stool Softener: May take a stool softener (such as Colace®) as needed.
 - » Non-Steroidal Anti-Inflammatory Drugs (NSAIDS): **DO NOT** take aspirin, ibuprofen (Advil®, Motrin®, etc.), naproxen (Aleve®), or any other NSAID for 3 days unless otherwise instructed by Dr. Taylor.
 - » Blood Thinners: Blood thinners are resumed per individualized instructions given by Dr. Taylor or your personal physician.
- Immediately resume all other regular medications unless instructed otherwise by Dr. Taylor.

Immediately Call the Office

- If you experience excessive bleeding, swelling, fever, or unrelieved pain; or if the incision becomes red, inflamed, or has a foul smelling or discolored drainage.

Post-Op Appointment (2 Weeks After Surgery)*

**Long distance patients may opt for a phone visit with a nurse if not experiencing any problems.*

Appointment Date:

Medical Emergency

- If you feel you have a medical emergency, please call or go to your local emergency room and immediately notify your **Patient Success Specialist at (870) 577-6757** so Dr. Taylor can be notified of the situation.

Can I adjust the level of stimulation?

- Your stimulation level was programmed (set) by our staff before you left the clinic.
- Don't increase stimulation during 1st week.
- Your Samsung remote and communicator can be used to adjust the stimulation level.
- If symptoms have not improved after one week, you may increase the stimulation.
- Please make sure Samsung remote and communicator are charged prior to making an adjustment (charger is provided in the white box on day of surgery).
- For additional information, refer to instruction booklet included in white box or **call your Patient Success Specialist at (870) 577-6757.**
- We can typically help you make an adjustment in just minutes over the phone.

What is normal stimulation?

- Unlike the test stimulation period, you do not have to feel stimulation with the implant for it to be effective.
- Stimulation should never be uncomfortable or painful. If it hurts, turn it down.
- It's normal to get used to the feeling of stimulation over time. It's even normal to not feel any stimulation at all.
- Stimulation feeling may slightly increase or decrease with body position changes.
- If bladder/bowel symptoms are as good or better than the test stimulation period, further stimulation adjustments shouldn't be necessary.

When should I contact my Patient Success Specialist?

- If involved in an accident or suffer a fall or other trauma that could affect the implant.
- If symptoms are not doing as well as the test stimulation period for a prolonged period of time (1 week or greater).
- Always have Samsung remote and communicator charged and available when contacting your Patient Success Specialist.

What should I expect after my implant?

- Even with pain medication, it's normal for the incisions to be tender for a few weeks.
- For some patients, Overactive Bladder (OAB) medication may still be necessary to maximize symptom improvement.

What precautions should I be aware of?

- Inform doctor or medical staff about your implant before undergoing medical procedures or imaging.
- Your implant is full-body 1.5 and 3T MRI eligible.
- Patients must bring their Samsung remote and communicator to the MRI appointment so implant can be placed in MRI mode.
- Visit www.drchristaylor.com/mri for more details.
- Procedures you **CANNOT** have:
 - » Diathermy – deep heat treatment from electromagnetic energy.

What about other medical procedures?

- Use your Samsung remote and communicator to turn off your implant prior to any medical test, procedure or surgery. Implant can be turned back on upon completion of test, procedure, or surgery.

What about airport security?

- You received a temporary medical device card on the day of surgery.
- Carry this card with you at all times in case of medical emergency and while traveling.
- A permanent card will be mailed to you within a few months following the implant.
- At the airport, show your medical device card if required by airport/TSA security.

Do I need to carry the Samsung remote with me?

- It's not necessary to carry the Samsung remote and communicator with you at all times, but it should be available when you need to make adjustments to the stimulation. When remote and communicator are not in use, they may be powered off and stored.

Long-Term Follow Up

- If symptoms are not improved at least 50% from baseline for a prolonged period of time (1 week or more), **call your Patient Success Specialist at (870) 577-6757.**
- Expect a phone call from your Patient Success Specialist 2 weeks and 6 weeks after implant to check on you.
- Expect frequent emails and text messages from your Patient Success Specialist during the first month, then every 6 months thereafter to check on you.
- If your symptoms aren't improved by at least 50% from baseline, there are several adjustments that can be made to the settings of your device that may provide additional relief.
- Your Patient Success Specialist can generally help you make these adjustments in just a few minutes over the phone.
- If necessary, patients may opt to use our transportation service to return to the clinic for adjustments, and in certain situations, we even have the capability to send a staff member to your house.
- Beginning 15 years after implant, we will check your implant battery yearly to provide you an estimate of remaining battery life.

Patient Success Specialist:
(870) 577-6757

Managing Your InterStim® Therapy

Whether you are adjusting the level of stimulation on your own or your Patient Success Specialist is instructing you over the phone, these instructions will be a helpful guide. Please make sure the Smart Programmer and Communicator are charged prior to making an adjustment (charger is provided in the white box on day of surgery).

Your InterStim® Micro System

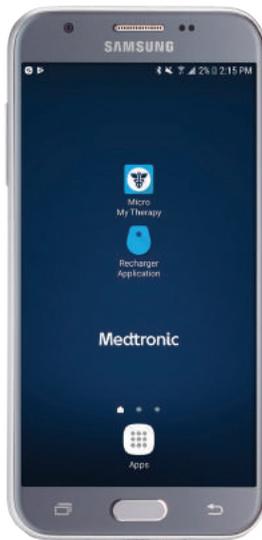
Neurostimulator

Generates stimulation for your therapy



Smart Programmer

Enables you to adjust and manage therapy



Communicator

Connects the Smart Programmer with your neurostimulator



Charger

Recharges the Smart Programmer and the Communicator



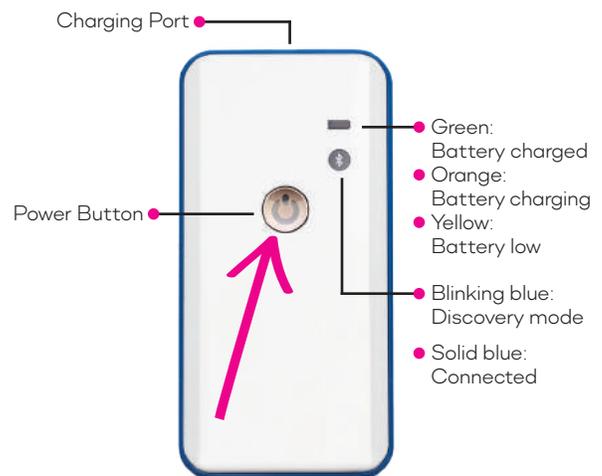
Step 1 - Power-On Smart Programmer

Touch the return to home button to wake up the Smart Programmer. If the screen does not turn on, hold down the power button on the right side of the device until it turns on. Then swipe the screen to unlock.



Step 2 - Power-On Communicator

Press the power button on front of device. The Bluetooth light will begin blinking blue.



Step 3 – Connect Smart Programmer w/ Communicator

Open *Micro My Therapy* app on Smart Programmer (1). Wait for Bluetooth light on Communicator to stop blinking and turn solid blue (2). Place the Communicator over your implant with blue side against your skin, then tap **FIND DEVICE** on Smart Programmer.



*Tip: If the Communicator fails to connect, readjust its location over the implant and tap **RETRY**.*

Step 4 – Adjust Your Stimulation

The strength of your stimulation (amplitude) is shown in the middle of the screen when the *Micro My Therapy* app is open. Tap the arrows up or down to increase or decrease stimulation.

Step 5 – Performing Other Functions (Only as Directed by Patient Success Specialist)

Your Patient Success Specialist may instruct you to turn your therapy on or off or change your program. To change the program, tap the PROGRAM button at the bottom of the screen to display other available programs (1). To turn therapy on or off, swipe the BLUE ARROW to the left or right (2).

Tip: Please do not change your program or turn therapy off unless instructed by your Patient Success Specialist.



Recharging Your InterStim® Therapy

Whether you are recharging on your own or your Patient Success Specialist is instructing you over the phone, these instructions will be a helpful guide. Please make sure the recharger is stored in the blue charging dock when not in use to make sure it is always ready to recharge your therapy.

Your InterStim® Micro Recharging System

Recharger

Recharges the neurostimulator in about 20 minutes during one weekly session*

Power Button ●

- Spinning Green + Repeated Tones: Searching for neurostimulator
- Solid Green + 2 Rising Tones: Neurostimulator located
- Pulsing Green: Recharging
- Solid Green + Series of Rising Tones: Recharging complete
- Flashing Orange: Alert/error

Battery Light ●

- Solid: Recharger is fully charged
- Flashing: Recharger battery is low



The recharger should be stored in the blue recharging dock when not in use to make sure it is always ready to recharge your therapy.

Recharger Belt

Holds the recharger in position during the recharging session



Charging Dock and Power Cord

Supplies the recharger with power



*Under standard therapy settings and appropriate recharger placement.

RECHARGE YOUR THERAPY

Follow these steps to recharge your neurostimulator:

1. Remove the recharger from the dock.
2. Place it in the belt so the “bullseye” designs match, as shown in the figure below.
3. Press the **power button** to turn the recharger on; the power button light will spin until the recharger connects and turns solid green.
4. Put on the belt so the recharger lines up with your neurostimulator.
5. Wait for the recharger to connect with your therapy. (Listen for two rising tones; adjust the belt if necessary.)
6. Recharging will start automatically (the recharger power button will pulse green).
7. Recharging will end when the battery is full (listen for a series of rising tones).
8. Remove the recharger from the belt.
9. Press the **power button** to turn the recharger off.
10. Place the recharger back in the dock.

Medtronic recommends recharging your therapy once a week. If you happen to skip a week, you can follow the same steps but it may take longer than 30 minutes to recharge your therapy.



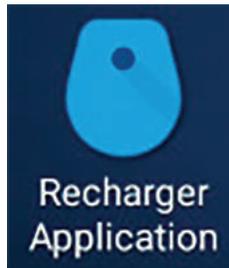
TIP:

Watch a video to learn how to recharge your therapy.

[Medtronic.com/RechargeBladder](https://www.Medtronic.com/RechargeBladder)

[Medtronic.com/RechargeBowel](https://www.Medtronic.com/RechargeBowel)

ADDITIONAL CHARGING TIPS



Recharger

This app can be used to manage the recharging process.

- View the neurostimulator battery level while charging
- View the recharger battery level
- View recharger to neurostimulator connection
- Change charging speed



Q How often should I recharge my therapy?

A Choose a recharging schedule that works best with your routines. Many patients find a weekly schedule convenient; recharging will take about 20 minutes.* If you choose to wait more than a week, expect your recharging time to last longer than 20 minutes.

Q What does the orange error light on my recharger mean?

A It means charging has stopped due to an error. Try opening up your Recharger app for help. If the light persists, please consult the Troubleshooting section of your Recharger Patient User Guide.

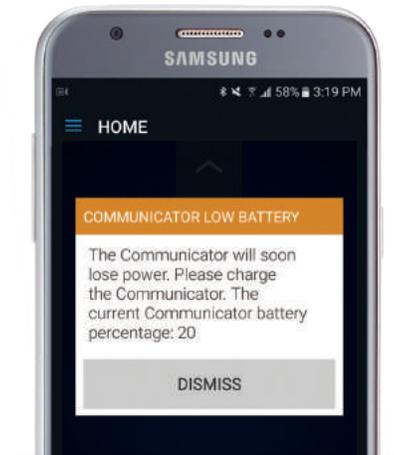
Q Can I wear the recharger over my clothes?

A The recharger is designed to work either over or under clothing. It can be placed directly against the body or within the belt. If you have trouble connecting to your therapy (for example, with thick or bulky clothing), place the recharger under your clothing.

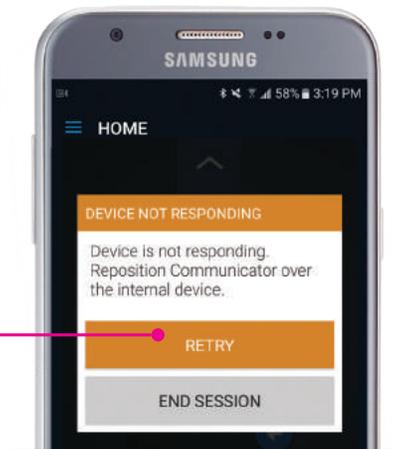
APP NOTIFICATIONS

You may receive pop-up notifications on the programmer while using the Micro My Therapy app. If you have questions about a notification not listed here, refer to the Patient Therapy App for Sacral Neuromodulation Therapy Patient User Guide for InterStim™ Systems.

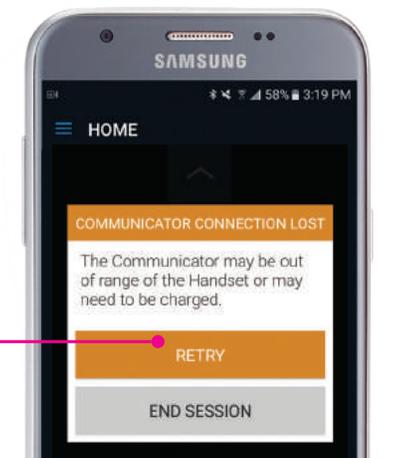
- Your communicator needs to be charged.
- Plug it into the charger. Remember, you can't use the communicator while it is recharging.



- Your programmer has lost connection with your neurostimulator.
- Reposition the communicator over your neurostimulator, then tap RETRY.



- Your programmer has lost connection with your communicator due to low communicator battery or a failed connection.
- Ensure that your communicator is charged, powered on, and close to your programmer, then tap RETRY.



If the issue continues, contact your Personal Patient Success Specialist at (870) 577-6757

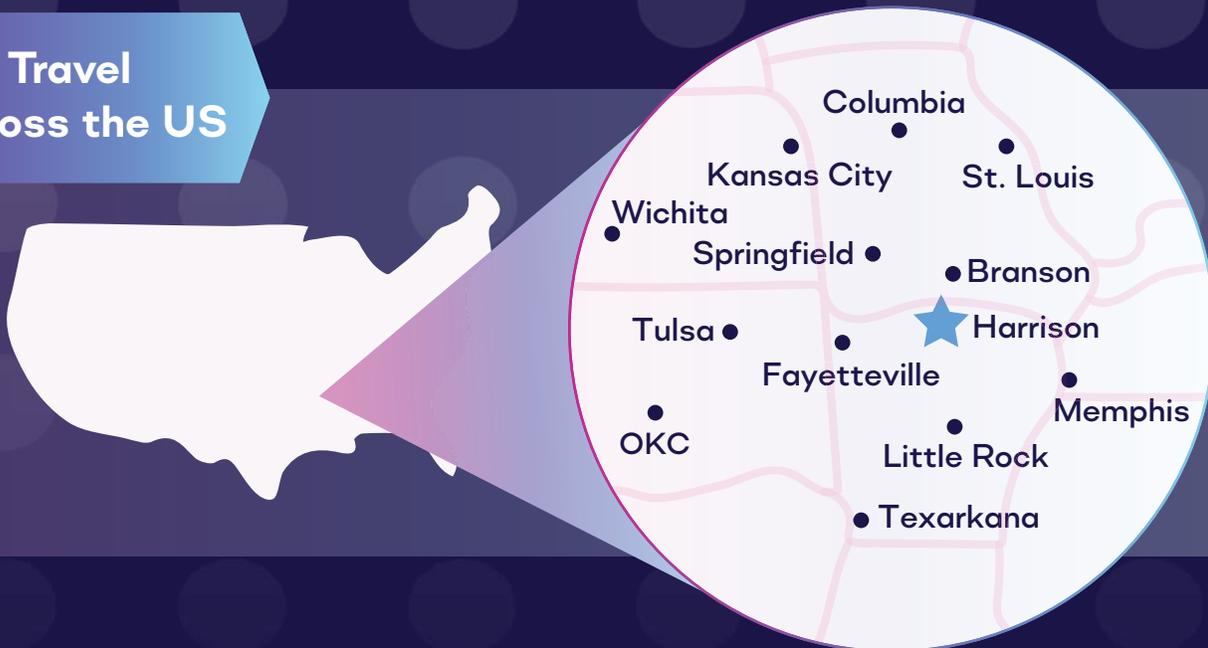


Chris Taylor, MD

- 20+ Years Treating Female Bladder Problems
- 2,500+ Sacral Nerve Stimulation Procedures Performed
- 25,000+ Women Treated
- 10,000+ Seminar Attendees Educated
- #1 Global Provider of Sacral Nerve Stimulation Therapy

(870) 741-1616 | www.drchristaylor.com

Patients Travel
from Across the US



★ Dr. Taylor's facility is located in Harrison, Arkansas, just 20 minutes south of Branson, Missouri

Dr. Chris Taylor
www.drchristaylor.com

1425 Rock Springs Road
Harrison, AR 72601

Phone: (870) 741-1616
Fax: (870) 741-2211