

# Axonics Implant Discharge Instructions

## What to expect. Managing Your Stimulation

- **Your stimulation must be on 24 hours per day and 7 days per week – Do not turn off. (Unless you are feeling persistent pain or are directed to do so)**
- If for any reason you are turning stimulation off, please notify your Axonics Representative.
- You should feel a small amount of stimulation, though it should not be bothersome or painful.
- **If you are doing well and not feeling the stimulation, there is no need to increase the stimulation.**
- Body position may affect stimulation intensity or where you feel the sensation.
- If you are having bothersome symptoms AND stop feeling your stimulation, you may increase your stimulation.
- If symptoms do not improve then contact your Axonics Representative
- Remember this is a therapy not a cure. You still should do the following:
  - Limit caffeine (soda, tea, coffee), acid, sugar and alcohol
  - Try to urinate at least every 2 hours
  - Limit fluids 2 hours before bedtime
  - Aim for at least soft bowel movement a day and treat constipation with Miralax as necessary

## Medications

- You may take Tylenol or Ibuprofen over the counter as directed
- You may restart any blood thinners including aspirin 24 hours after your implant

## Activity

- **Limit activity for 2 weeks.**
- Avoid strenuous exercises (like cycling, running, weight lifting, CrossFit, Pilates) and deep bending or stretching activity (like yoga).
- Avoid sexual activity during this time.
- A small amount of pain at the incision site is normal.
- Do not bathe for 1 week. You may shower tomorrow.
- You may return to work as long as you don't perform heavy activity as above.
- Eat what you feel like. Sometimes you may not have an appetite after anesthesia

## Charging Your Stimulator

- Your Stimulator is rechargeable and therefore will need recharging regularly.
- You can use your Remote Control to check your Stimulator battery status.
- Ensure your Charger is placed on the Dock and plugged in at all times to ensure it is ready when needed.
- You should **charge your Stimulator one time every week**, unless otherwise directed by your physician or Axonics representative.
- Further information on your Axonics therapy can be found in the Patient Therapy Guide and Product Instruction Manuals.

## Follow-Up

- Call tomorrow to schedule a follow-up visit in 1-2 weeks
- **Please bring your Remote Control, charger and accessories with you to ALL follow-up appointments.**
- Do not hesitate to call the contact number should you need help with your device.
- If you have bleeding or pain that seems excessive, please call our office
- You may also message us via the Advanced MD Patient Portal for non-urgent questions.

Wishing you great success with Axonics!

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