

# Axonics Trial 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)**
- Without continuous stimulation we may not be able to determine if Sacral Neuromodulation can reduce your symptoms. 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 should contact your Axonics Representative

## Dressing

- Do not remove dressing or try to redo it yourself.
- You may add medical tape to help ensure your dressing stays on
- If your dressing comes off and your wires and cables are exposed, please contact your physician to set an appointment to address this issue.

## Medications

- You may take Tylenol or Ibuprofen over the counter as directed
- If you were taking any bladder medications before surgery (e.g. Myrbetriq) you may continue these

## Activity

- **Limit activity during evaluation period (3-7 days).**
- Avoid strenuous exercises (like cycling, running, weight lifting, CrossFit, Pilates) and deep bending or stretching activity (like yoga).
- Avoid sexual activity.
- A small amount of pain at the incision site is normal.
- Do not bathe or shower during your evaluation period. You may use wet wipes as needed or wash your hair in the sink and body with a wash cloth.
- You may return to work as long as you don't perform heavy activity as above.
- Eat what you feel like.

## Follow-Up

- Tomorrow to schedule a follow-up visit in 1 week for lead removal
- **Please bring your Remote Control with you to your follow-up appointment.**
- **Please bring your voiding diary to your follow-up appointment**
- Your Axonics Representative will be in contact with you during the trial
- Do not hesitate to call the contact number should you experience a loss of sensation or have questions about your trial.
- 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!

Dr. Joe Pazona



2201 Murphy Avenue  
Suite 403  
Nashville, TN 37203  
Phone: (615) 527-4700