

# **DR. WARREN'S DISCHARGE INSTRUCTIONS**

## **FOLLOWING YOUR**

### ***Vagal Nerve Stimulator***

#### **Activity**

- Do not press on the stimulator.
- Follow your neurologist or psychiatrist's instructions as to when to use your magnet to activate your stimulator.
- Do not pick up anything that weighs more than a gallon of milk.
- Gradually increase your exercise time. Take short walks daily and gradually increase the distance.
- Do not use weights or exercise equipment until Dr. Warren gives you the okay.
- Do not pull, tug or reach for objects.
- Do not drive a car until Dr. Warren tells you that you can.
- You may resume sexual activity when you are comfortable with it.
- You will be seen by Dr. Warren 2 weeks following discharge. The decision regarding your return to work will be made at that time.

#### **Hygiene**

- Dr. Warren either made one incision above your collar bone, or a small one on your neck and a longer one below your collar bone.
- Your wounds were closed with skin glue, called Derma Bond. Do not try to peel this off.
- Do not put any type of ointment on your wounds.
- You may shower, but do not soak the wounds in a tub or aggressively scrub them until Dr. Warren says it is OK.
- Decreased activity after surgery, along with pain medications, may result in constipation. Fruits, bran cereal, or laxatives will assist you to move your bowels regularly.

#### **Notify Dr. Warren of any of the following:**

1. Oral temperature over 101 degrees.
2. Redness or swelling around your incision(s) with or without any tenderness.
3. Any drainage from your incision(s).
4. If the skin edges of your incision(s) start coming apart.

**Call your neurologist or psychiatrist with any specific questions regarding your epilepsy or depression, or the settings or programming of your stimulator**

Dr. Warren's office 334-821-0466