



# Spinal Cord Stimulation (SCS)

## TRIAL AND IMPLANT PROCESS

Spinal cord stimulation aims to offer individuals suffering from chronic pain a tailored and effective solution to improve their overall quality of life.

# GETTING A SPINAL CORD STIMULATOR: WHAT TO EXPECT

## 1 PRE-IMPLANT VISIT 30-45 minutes

**At this visit, you will meet with a Nura provider and discuss the following:**

- Learn how SCS works and what to expect.
- Establish goals for what you would like to achieve and put them in writing.
- Submit for prior authorization from your insurance company, if required.

*If you are deemed a good candidate and wish to proceed, Nura will obtain your informed consent and schedule your trial.*

## 2 PHYSICAL THERAPY EVALUATION 45-60 minutes

**A physical therapy “implant evaluation” is required by insurance to obtain authorization for an SCS trial.**

- Complete a LIFE test with a Nura physical therapist to determine what type and level of activity you can do.

## 3 BEHAVIORAL HEALTH EVALUATION 45-60 minutes

**A behavioral health “implant evaluation” is required by insurance to obtain authorization for an SCS trial.**

- Visit with a Nura psychologist to discuss any psychological or social complications of your chronic pain.

## 4 SCS TRIAL PROCEDURE 2-4 hours

**Trials are performed in our surgery center under the supervision of our medical staff. Here is an overview of the process:**

- While under sedation, temporary electrodes are positioned near the spinal cord and connected to an external trial stimulator. The trial stimulator is programmed to deliver electrical impulses to the spinal cord.

*You will need a driver to take you home and, if possible, stay with you for 24 hours.*

## 5 TRIAL PERIOD 5-7 days

**We ask that you keep a diary to record your pain levels and activities.**

- You should avoid bending, twisting, swimming or soaking in water, and lifting heavy objects.

## 6 AFTER THE TRIAL 45-60 minutes

**The temporary electrodes and trial stimulator will be removed in the clinic.**

- You and your physician will discuss your experience and decide if an implantable SCS system is right for you.

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## SCS IMPLANT PROCEDURE

*45-60 minutes*

Your procedure will be scheduled once it's approved by insurance.

- Before your permanent implant, you must undergo a physical examination with your primary care physician.
- While under sedation, imaging is used to position the leads. The pulse generator is implanted under the skin, typically in the upper buttock, and connected to the leads to create a closed-loop system.
- The incisions are closed with sutures.
- You will be given a handheld remote control to adjust the stimulation settings within certain limits.

*You will need a driver to take you home and, if possible, stay with you for 24 hours.*

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## POST-IMPLANT FOLLOW-UP

*1-week*

You will be scheduled to return to the clinic approximately one week after your implant to examine your surgery site incision, program your device settings, and address any concerns or complications.

*Future follow-up appointments are determined based on your individual needs.*



*Image of Proclaim™ Plus SCS System provided by Abbott.*

*Nura is considered a national center of excellence for implantable pain control.*

**If you have questions about SCS therapy,  
please contact our Implant Team at  
763-537-6000, extension 7488.**

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