



InterStim After Care Instructions

Revised: 11/13/2025

WH Urology
1202 Medical Center Dr.
Wilmington, NC 28401

Care After InterStim Procedure

What to Expect

- Mild soreness, bruising, or swelling around the incision sites.
- Mild bleeding or spotting at the incision for the first 24–48 hours.
- Discomfort in the buttock or lower back area where the device is placed.
- Changes in bladder or bowel function as the stimulation settings are adjusted.

Self-Care at Home

- Keep the incision area clean and dry.
- Do not remove the Tegaderm dressing placed over your incision, this will come off on its own.
- Do not submerge in baths, hot tubs, or pools until cleared by your provider.
- You may shower after 48 hours but avoid scrubbing the incision site.
- Pain Medication: Alternate Motrin and Tylenol for pain. Use prescribed pain medicine only for breakthrough pain. These medications may cause constipation—use a stool softener if needed.
- Avoid strenuous activity, bending, twisting, or heavy lifting for 1–2 weeks.
- Always carry your InterStim identification card with you.
- Report any unusual sensations or device issues to your provider.

When to Call the Office

- Fever above 100.4°F (38°C) or chills.
- Redness, swelling, or drainage at the incision site.
- Severe pain not relieved with prescribed medication.
- Sudden increase in urinary or bowel symptoms that does not improve.
- Device problems such as no stimulation, painful jolts, or uncomfortable changes in sensation.
- Any concerns about your incision, dressing, or healing.

Office Phone: 910-341-3389

Nurse Contact (Chanda Huetter): 910-742-8978

If you cannot reach us and your symptoms are severe, please go to the **nearest emergency department.**