

Sacral Nerve Stimulation or Sacral Neuromodulation can be an effective treatment for faecal incontinence which works by stimulating the sacral nerves with an electrical current. This treatment involves a 2 stage procedure. During the 1st trial stage a temporary lead is inserted into the upper part of the buttock and connects to an external stimulator, which is worn on a belt under your clothes. If good results are achieved as a part of this trial, the second stage would then occur 1 week later. During the second stage, a permanent stimulator is implanted in the upper buttock area under the skin and an implanted lead carries mild electrical pulses to the nerves, controlling the bowel.

Expected Postoperative Effects:

- You may experience drowsiness, fatigue, or dizziness as a result of the anesthetic, which is common.
- You may experience some minor pain or discomfort over the incision site. Paracetamol can be utilised, if necessary.

Returning to work and activities:

- Most patients require at least 1 week off from work following each stage of the procedure. Our office can provide a medical certificate if required.
- You will need to avoid constipation by maintaining a high fibre diet and increasing your water intake. You can take stool softeners or laxatives such as Movicol or Metamucil, as needed. You should avoid straining when passing bowel movements and limit toileting time to 1-3 minutes.
- You should avoid heavy lifting and strenuous activity until your postoperative appointment.
- You should avoid swimming for 2 weeks.
- You can gradually reintroduce gentle aerobic exercise from 2 weeks.
- Do not drink alcohol, drive, operate heavy machinery, or sign legal documents for at least 24-48 hours, or while on pain medication.

Wound Care:

- When you are discharged from the hospital you will have a dressing over the incision site. This is usually a waterproof dressing called Comfeel. Please keep this dressing intact for 7-10 days, or until they fall off on their own. After 7-10 days, the dressing can be removed.
- You can shower as normal with the dressing as this will be waterproof. Pat the dressing dry.

Follow-Up:

1. Dr Urquhart will contact you a few days after the first stage to discuss your progress, and determine if you should proceed with stage II.
2. After the second procedure, you should call the office on 1300 008 883 to arrange a postoperative appointment with Dr Urquhart. This should be made within 4 weeks of the second procedure. Dr Urquhart may arrange this appointment earlier if necessary.

Contact the rooms if you experience any of the following:

- Persistent and increasing pain
- Increasing abdominal or groin swelling
- Fever, chills, or high temperature
- Swelling, redness, bleeding or foul-smelling drainage from the wound
- Persistent nausea or vomiting
- Difficulty passing urine or bowel movements

If you have any questions or concerns, please do not hesitate to contact the clinic on 1300 008 883. If you begin to feel unwell after hours, please contact the after-hours nurse at St Vincent's Hospital, or present to your nearest emergency department.