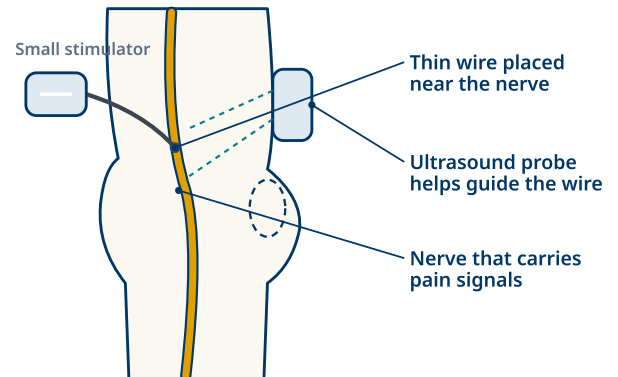


Peripheral Nerve Stimulation

What it is

Peripheral nerve stimulation (PNS) uses a very thin wire placed next to a painful nerve outside the spine. A small device sends mild pulses that may help calm pain signals. Some systems are used for about 60 days, then removed.



Why it is done

- Long-lasting nerve pain in one area
- Chronic knee, shoulder, back or limb pain
- Pain after an injury or surgery
- To help lower the need for pain medicine

Self-care tips

- Keep the wire site clean and dry as told.
- Check the skin under the bandage each day.
- Avoid heavy lifting or pulling on the wire.
- Tell other providers you have a device before any MRI.

What to expect

Before: We review your exam and imaging. You may need to pause some medicines, such as blood thinners.

During: The skin is numbed. A thin wire is placed through a needle using ultrasound or X-ray. Most people go home the same day.

After: You use the stimulator at home and track your pain. Temporary wires are removed in the office.

When to call us

- Fever over 101°F or chills
- Redness, swelling or fluid at the wire site
- The wire moves, breaks or comes out
- Pain or numbness that gets worse

Call 911 for chest pain, trouble breathing, or loss of bladder or bowel control.

Call 732-202-3000

One number for all offices. Questions about this handout? We are glad to help.

Our 7 offices: Whiting · Toms River (Hooper Ave) · Brick · Barnegat · Manahawkin · Freehold · West Long Branch

gsmedicalcenter.org/treatments/peripheral-nerve-stimulation/



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This handout is general information and is not a substitute for medical advice.