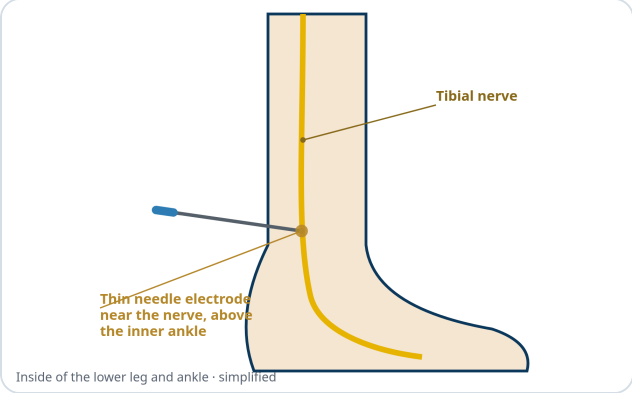
PATIENT BROCHURE · GARDEN STATE MEDICAL CENTER

Tibial nerve stimulation

Tibial neuromodulation treats overactive bladder by stimulating the tibial nerve near the ankle. The tibial nerve connects to the sacral nerves that help control the bladder. In percutaneous tibial nerve stimulation (PTNS), a fine needle electrode is placed near the ankle for about 30 minutes per session, usually weekly for 12 weeks followed by maintenance sessions. Implantable tibial devices are also available.



Inside of the lower leg and ankle · simplified

At GSMC: all GSMC providers evaluate patients and help decide which options may fit, at any of our 7 offices. Results vary.

What it is

A thin needle electrode near the inner ankle is connected to a small stimulator. Mild electrical pulses travel along the tibial nerve to the sacral nerve plexus, which helps regulate bladder function.

Who it may help

- Overactive bladder, urgency or urge incontinence
- Symptoms not adequately improved with lifestyle changes or medication
- Patients who prefer an office-based option

Your exam and imaging decide whether this treatment is appropriate for you.

What to expect

1. **Before:** symptom history and bladder diary.
2. **During:** 30-minute office sessions, typically weekly for 12 weeks.
3. **After:** maintenance sessions if symptoms improve.

Recovery

There is no downtime after a PTNS session. Your instructions may differ.

Risks

Every procedure has risks. Your physician will review them with you, including:

- Mild discomfort or bleeding at the needle site
- Temporary tingling or numbness in the foot
- Skin irritation

Questions people ask

Does PTNS hurt? Most people feel only a mild tingling in the foot.

How soon might I notice a change? Many people need several weekly sessions before they can judge the effect.

Who performs this at GSMC? Please call us to confirm which GSMC physician and office offer this therapy.

Insurance and cost

GSMC participates with all Aetna plans, including Aetna HMO, and many other plans. Coverage depends on your plan and may need prior authorization. Our team checks your benefits before treatment.

When to call us: fever or chills; redness, swelling or drainage where a needle or device was placed; new or worse pain, numbness or weakness. **Call 911** for chest pain, trouble breathing, or sudden loss of bladder or bowel control.

Call 732-202-3000

One number for all 7 GSMC offices:

Toms River · 1314 Hooper Ave, 1st Floor

Brick · 1608 NJ-88, Suite 102

Whiting · 1100 NJ-70, Entrance B

Barnegat · 249 S Main St, Suite 5

Manahawkin · 1109 Beacon Ave

Freehold · 322 Professional View Dr, 300 Bldg, 2nd Fl

West Long Branch · 100 NJ-36, Suite 1K

gsmedicalcenter.org/treatments/tibial-neuromodulation/

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