

What is a Neurostimulator?

It is a device that may be used to stimulate the nerves that connect to your brain. It may help with pain and other symptoms. The device has a battery that is attached to 4 electrodes. The electrodes go into the skin are covered with stickers.

How is the Neurostimulator placed?

The device is placed by a doctor or nurse using special glue. You will wear it on one ear for 5 days. Then it can be removed at home. After it is off for 2 days, you will come back to have another one placed. This treatment often takes at least 4 weeks in a row.



Put on: **Date** _____ **Time** _____

Take off: **Date** _____ **Time** _____

How do I take care of the device?

- Make sure the device and stickers stay in place. You can help keep them in place by doing the test that you were taught. Lightly touch the front and back stickers to be sure the stickers are still in place. You should check:
 - every 3 to 4 hours while awake and wearing it.
 - when you wake up.
 - after you shower.
 - if it hurts by one of the electrodes.
 - if symptoms return.
- Use the spare stickers to cover the stickers if they are loose.
- Keep the device and stickers dry. They are not waterproof. Do not get them wet. To wash your head or hair:
 - Cover the device and stickers with plastic wrap or a towel. Keep them covered when you wash.
 - Tilt the head away from the device side when you showering, washing and rinsing hair.
- You can keep doing your activities like going to school and playing most sports. Do not swim or put your head under the water.

How do I take the device off?

The device can be removed at home.

- Remove the device exactly five days after the device is placed.
Example: If the device was placed on Tuesday at 3 pm, you should remove it on Sunday at 3 pm.
- Remove the stimulator by pulling off the stickers. This will also pull the stimulator from the back of your ear.
- You may wash the area after the device is off.
- Put the stimulator in the biohazard bag provided. Drop the bag in a sharps container. If you do not have a sharps container, bring it back to your next appointment.

ALERT: Call your child's doctor, nurse, or clinic if you have any concerns or if your child has any uncontrolled pain, irritation, fever, or a rash develops around the placement site(s).

- Call GI office nurse line (414-266-8490) for emergencies Monday through Friday.
- On weekends, call the on call GI fellow via hospital operator (414-266-2000).
- Ask your doctor or nurse if your child has special health care needs not covered by this information.

For more health and wellness information check out this resource:

<https://kidshealth.org/ChildrensWi/en/parents>

This sheet was created to help you care for your child or family member. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment and follow-up.