

Having a permanent sns device fitted for faecal incontinence

Pelvic Floor Service

Information for Patients

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Introduction

After the trial of sacral nerve stimulation (SNS) we will look at your bowel diary before and after surgery. This is to see if you are eligible for long-term treatment. More about trial sns here: [Having a temporary sns device fitted for faecal incontinence](#)

This is when a permanent wire is fitted next to the nerves in your lower back (sacrum). The wire is then linked to a sns battery. You will have surgery to fit this device. This device produces mild electrical impulses that trigger the sacral nerve, much like a pacemaker. This is to help to keep control over pee and poo.

On the day of your surgery

- This will be done as a day case procedure. You should be discharged the same day.
- You will be taken into theatre.
- Your sns nurse will be present for support.
- For most people, surgery will be done whilst you are asleep under a general anaesthetic. You will be told about this on the morning of the surgery.
- A small device battery and wire will be fitted.
- A dressing will then be applied to the area.
- Surgery can take around 2 hours.
- Once alert and well, you will go to the day case ward.
- A nurse will come and see you afterwards to discuss aftercare.
- The healthcare staff will make sure you eat and drink before they give you your discharge information.

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.leicestershospitals.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk

After surgery:

When can you start work or exercise?

- It will take some weeks for your skin to heal.
- You may sometimes feel a twinging pain when bending and twisting.
- Please be careful in the first few weeks. Try to bend and lift as little as you can.
- For the first few months, try keep this to a minimum.
- Once the scar has healed there should be no limits. You should be able to carry on as normal.

Taking care of wounds when showering

- There will be a few small cuts on your lower back or bottom. They will be covered by a dressing.
- They can be removed after 2 days and a new dressing applied. You will get this dressing from the ward.
- If this looks to be healing well **after 5 days** you can shower.
- Please do not use any perfumed shower products over this. Gently pat dry.
- If there is a small amount of leakage another dressing can be applied to secure.

How to manage pain?

- You will be given pain relief to take home.
- The area may be uncomfortable for a little while after surgery.
- Details on how to take pain relief will be on your discharge letter. These can be reduced as your pain gets better.

Is driving allowed?

Once you can make an emergency stop comfortably without any pain. Most insurance companies are happy that you can drive.

Managing future procedures

- If you are having your tooth taken out (extraction), you will need to turn this device off .
- This is throughout the treatment. You can it turn back on afterwards.
- **Always make sure** to tell the health care professionals about the device.

What if you have a MRI scan in the future?

- The latest devices are safe to be used in the MRI scanner.
- If you need an MRI scan in the future, you will need to be able to use the Samsung phone to apply the MRI mode.
- If you are not sure, ask your sns nurse to show you how to do this.

Using the Samsung phone to manage the sns device

- Depending on the time and recovery of your procedure, your device might be turned on or this might be done at your first appointment.
- You will go home with the device and must bring this to every appointment.

When should the device be charged?

- The device should be charged at least 4 times a year. Not doing so can damage the battery.
- To fully charge this device, try set a phone reminder or use the seasons as a reminder.
- The Samsung phone should be left charged but can be kept off.

Passing the security area at the airport

- This device can sometimes set off security alarms.
- After your surgery you will get a card with the details of your device. Keep this card safe.
- At the airport you can show the security service this card
- Sometimes when passing through security scanners, you can feel a slight pain around the area the device is put in.
- Tell the security service at the airport about the device. This is so that they may use a hand held scanner instead.
- Please make sure you take your Samsung phone with on every long trip. This is incase there was a need to turn the device on or off.

Having sex

You should not have sex for about 2 to 4 weeks. You can then continue after this if it is comfortable to do so.

Will this device be ever removed?

The device has a battery so it must be removed before cremation.

Follow-up appointments

- You will have regular follow-up appointments for the first year.
- After this, you should be seen every year. This is for the device battery and lead to be checked.
- If your symptoms gets worse, you may be booked for more appointments. This is to change the program.

Contact details

- For any further questions, please call Leicester Pelvic Floor Service (LPFS) on 0116 2583775
- If the phone is not answered in time, please leave a message.
- Messages are taken off the answer machine from Monday to Friday between 08h00 am and 04h00 pm.

Space for questions

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل
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