

Care After Surgery to Insert a Baclofen Pump

What To Do After Surgery

After surgery, the baclofen pump will settle into place in your abdomen (belly).

To prevent it from moving or flipping, please do the following.

Surgery site care

- Wear the abdominal binder for 6 weeks at all times. You may remove it to take a sponge bath.
- Take only a sponge bath for 1 week after surgery.
 - **Do not** take a shower or tub bath.
 - **Do not** use a whirlpool.
- **Do not** remove or change the wound dressings.
- Keep the dressings clean and dry at all times.
- Keep the skin around the dressing clean and dry at all times.

Discomfort

- Apply an ice pack over the site for comfort.
 - Wrap an ice pack or bag of frozen vegetables in a clean tea towel.
 - Keep the ice pack in place for 10 to 15 minutes.
 - Use an ice pack 3 times a day.

Activity

- Do not swim until the surgery site is completely healed.
- Limit repetitive activities that include twisting, bending, reaching overhead and lifting.
 - Examples: doing sit ups, riding an exercise bike, working out on machines, trampoline jumping, horseback riding.
- You can walk as much as you want as long as it is not too painful.
 - Ask your doctor if you have questions about doing specific activities.

Follow-up appointments

- Keep all follow-up appointments even if you are feeling better.

When To Call Your Surgeon

Call your surgeon if you have any of the following.

- temperature of 101 F or higher
- increased or new pain
- increased redness around the surgery sites
- increased swelling at the surgery sites
- bleeding or drainage from the surgery sites
- any problems urinating or having a bowel movement.