



Peripheral Nerve Stimulator (PNS) Trial

A temporary 5–7 day, minimally invasive trial used to determine whether targeted nerve stimulation reduces your pain and improves function.

YOUR TREATMENT PLAN: Target nerve/body area: _____ Lead removal date: _____
Device/company: _____

What is a PNS trial?

A very thin lead is placed through the skin near a peripheral nerve that contributes to your pain. The lead connects to a small external pulse generator. Gentle electrical stimulation changes how pain signals are transmitted. You may feel comfortable tingling, tapping, or muscle activation depending on the nerve and system used.

The PNS trial lasts 5–7 days. Your Renova Pain team will schedule lead removal at the end of the trial. This is not the same as a spinal cord stimulator trial: the lead is positioned near a peripheral nerve rather than in the epidural space.

Goals of the trial

- Reduce your usual pain and reliance on rescue medication.
- Improve meaningful activities such as walking, sleeping, dressing, work, or therapy.
- Help determine whether stimulation is worthwhile and whether another PNS treatment or implant should be considered.

IMPORTANT: A successful trial does not guarantee complete or permanent pain relief. Judge the treatment by both pain relief and meaningful functional improvement.

Benefits and risks

Potential benefits

Targeted, adjustable therapy; minimal incision; reduced pain; improved function or sleep; and possible reduction in pain medication.

Possible risks

- Soreness, bruising, bleeding, swelling, skin irritation, adhesive reaction, or temporary numbness.
- Infection, uncomfortable stimulation, muscle cramping, lack of benefit, or worsening pain.
- Lead movement, dislodgement, breakage, retained lead fragment, equipment malfunction, or need for early removal.
- Rare nerve injury, persistent weakness or numbness, vascular injury, or allergic reaction.



Preparing for Procedure Day

Follow the personalized instructions from Renova Pain. Device type, nerve depth, sedation, and your medical history can change the plan.

Medication safety

DO NOT STOP MEDICATIONS ON YOUR OWN. Tell us about aspirin, NSAIDs, anticoagulants, antiplatelet medicines, diabetes drugs, supplements, and all prescription medications. Renova Pain will give you an individualized plan.

- Blood thinners and antiplatelet drugs: Whether a temporary hold is needed depends on the target nerve, depth, ability to compress the site, and your risk of a clot or stroke. Any hold must be coordinated with the prescribing clinician.
- NSAIDs: These are not automatically held for every PNS procedure. Follow the instructions Renova Pain gives you for your specific placement.
- GLP-1 medicines (such as semaglutide or tirzepatide): Tell us the drug, dose, schedule, recent dose changes, and any nausea, vomiting, bloating, or constipation. Do not hold it unless the anesthesia/procedure team instructs you to do so.

If sedation is planned

- ☐ Follow the fasting instructions provided by Renova Pain; if you did not receive them, call before procedure day.
- ☐ Arrange for a responsible adult to drive you home and stay available afterward.
- ☐ No driving, alcohol, important decisions, or operating machinery for 24 hours after sedation.
- ☐ Call before arrival if you have fever, infection, antibiotics, a new illness, or new/worsening GLP-1 stomach symptoms.

Bring and wear

- ☐ Photo ID, medication list, and your completed medication instructions.
- ☐ Loose, clean clothing that allows access to the treatment area.
- ☐ Your prescribed remote/controller or device supplies, if the representative instructed you to bring them.

What happens during placement?

The skin is cleaned and numbed. Under imaging or ultrasound guidance, the clinician places the lead near the target nerve and tests stimulation. The lead is secured, covered with a dressing, and connected to the external system. A device representative or trained team member will teach you how to operate it.

BEFORE YOU LEAVE: Make sure you know the stimulation schedule, how to turn the system off, who to call for device questions, whether showering is permitted, and the exact follow-up/removal date.

Protect the Lead and Track Your Progress

The lead exit site is the main area to protect. Follow your device-specific instructions whenever they are stricter than this guide.

Dressing, bathing, and lead protection

KEEP THE LEAD DRESSING CLEAN, SECURE, AND DRY. Do not pull, twist, trim, or push the lead. Do not casually remove or redress the insertion-site dressing unless your Renova Pain team or device representative has specifically trained and instructed you to do so.

- If the dressing becomes wet, loose, soiled, lifts at the edges, or needs redressing for any reason, turn the system off if instructed and contact Renova Pain or your device representative promptly.
- No bath, pool, hot tub, lake, or other submersion while the lead is in place.
- Showering rules vary by system. Do not shower until the team confirms it is permitted and teaches you how to disconnect/protect the external components. Sponge bathing is the safest default until then.
- Keep pets, children, clothing, seat belts, and bags from snagging the lead, cable, dressing, or pulse generator.

Activity and device use

- During the entire 5–7 day trial, limit motion and activity near the lead site. Avoid stretching, repetitive motion, heavy lifting, vigorous exercise, and physical therapy involving the treated area unless cleared.
- Turn stimulation off while driving, operating machinery, or doing anything in which unexpected muscle activation could be unsafe.
- Do not undergo MRI, diathermy, electrical therapy, or another procedure near the system without first contacting Renova Pain and identifying the exact device.
- Keep every scheduled check-in and removal appointment. Do not remove the lead yourself unless your clinician has explicitly given device-specific instructions.

Daily check-in and progress diary

A representative from the device company will call you every day during the entire 5–7 day trial to make sure you are doing well, check the system and lead site, review your pain relief and function, and help with approved programming adjustments. Call sooner if you have a problem—do not wait for the next daily call.

Date	Pain before (0–10)	Pain with PNS (0–10)	Activity/function tested	Hours used / notes

Call now / seek urgent care

Contact Renova Pain promptly for fever, chills, increasing redness/warmth/swelling, drainage, worsening pain at the site, a wet or disrupted dressing, lead movement, loss of stimulation, painful stimulation, new weakness or numbness, or any device problem. Call 911 for chest pain, trouble breathing, stroke symptoms, severe allergic reaction, or another medical emergency.