

## Peripheral nerve stimulation (PNS)

### Who is this leaflet for?

This leaflet is for patients attending the Pain Clinic. It provides information on treating pain with peripheral nerve stimulation. It explains what is involved, the possible benefits and side effects.

### What is peripheral nerve stimulation (PNS)?

This is a treatment to relieve a range of painful conditions. Following injury or irritation, peripheral nerves may continue to cause pain. PNS uses a weak electrical current to stimulate these painful nerve pathways and return them to their original function. If effective you may be able to reduce painkiller medication.

Treatment plans will vary between patients. You will be asked to complete a brief pain inventory assessment sheet before treatments to assess their benefit.

### Is PNS suitable for everyone?

It is suitable for most people. However, if you have an implantable device such as a pacemaker you will first need to have a trial with cardiac monitoring. PNS is not suitable if you have any open wounds in the treatment area.

### How do I prepare for it?

The treatment is carried out in the outpatient pain clinic and takes about 20 minutes. No preparation is required and you will be able to drive home afterwards.

### What does treatment involve?

A stimulation pen is used to apply a weak electrical current to the site of your pain. You should feel a pleasant tingling sensation.

Continued overleaf..

The electrical current tricks your brain into turning off or significantly reducing the painful signals.

You will usually have a course of four treatments, although you may have more if you need it.

### **What are the possible side effects?**

The treatment is safe. However, it is possible that it may not help your pain, and there is a small risk that it may make your pain worse.

### **Any questions?**

If you have any questions or need further information, please ask the staff in the Pain Clinic.

If you would like this leaflet in large print, braille, audio version or in another language, please contact the General Office on 01872 252690