



Axonics™ SNM System Full Implant

Patient Post-Operative Instructions

Congratulations on starting your journey towards long-term symptom relief with the Axonics Sacral Neuromodulation (SNM) System. Having your stimulation ON and at an appropriate level is critical for you to benefit from the therapy. Below you will find basic instructions and reminders that may help you manage your therapy. These instructions are summary of key guidelines for a typical patient. Each patient is different, so you should consult your physician about your particular case.

Activity and Lifestyle Instructions

- **In the first few weeks after your procedure, limit your activities.** This helps ensure that the lead remains in place and that therapy will be effective. Avoid strenuous activities (like cycling, running, weight lifting, CrossFit, Pilates). Do not lift heavy objects.
- A small amount of pain at the incision site is normal.
- Follow your physician's instructions regarding bathing to ensure proper incision healing.
- Follow your physician's instructions on when to return to work.
- Contact your physician if you have increasing pain, redness, discomfort or increased drainage from the site of your implant.
- When cleared by your physician, you can go back to regular activities.



Managing Your Stimulation

- **Your stimulation must be on 24 hours per day and 7 days per week. Do not turn off stimulation, unless you are feeling persistent pain or are directed to do so by your physician.**
- Body position may affect stimulation intensity or where you feel the sensation.
- You may feel a small amount of stimulation, but it should not be bothersome or painful. If you are doing well and not feeling the stimulation, there is no need to increase the stimulation. However, in the first month or so, you may need to adjust stimulation levels to achieve symptom control.
- **As a reminder, you not have to feel stimulation at all times if your symptoms are controlled. If your symptoms are not improved or controlled, you should increase the level, so you feel sensation.**
- Contact your physician if you still do not feel stimulation after increasing your level.



Patient Name: _____



Your Follow-up Appointment is:

Date/Time: _____

Please bring your remote control and accessories with you to all follow-up appointments.

Remote Control Quick Guide for Implanted Stimulator

① Connect



Press the center "connect" button. The top lights on the remote will flash as it connects to your stimulator.



The remote control is **connected** when the program light and battery status lights are on.

If all the lights are off, **the remote control did not connect**. Move the remote control closer to the stimulator and try again.

Note: After you connect your remote control, if your stimulation is off, you will still see a light under Program 1.

② Check Status

Stimulation level

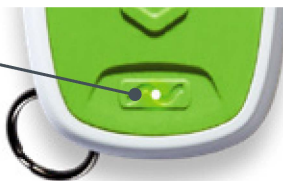
The strength of your stimulation.

Program Light

Indicates which program is active.

Battery Status

Time of therapy left.



Rechargeable Stimulator:

- **Green (solid):** 30 or more days
- **Orange (solid):** from 7 to 30 days
- **Orange (flashing):** less than 7 days
- **Green (flashing):** the stimulator is charging.

Recharge-Free Stimulator:

- **Green (solid):** Battery level is normal.
- **Orange (solid):** Battery level is low. Contact your physician.
- **Orange (flashing):** Battery level is very low. Contact your physician.



Stimulation On
Level 3,
Program 1



Stimulation Off
Program 1

③ Adjust Stimulation

To change your stimulation

Press: Turn up stimulation one level **Press + Hold:** Turn on stimulation (if off)

Press: Turn down stimulation one level **Press + Hold:** Turn off stimulation (if on)



Note: Contact your doctor if you see a red light next to the battery status light.



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