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Percutaneous Tibial Nerve Stimulation (PTNS)

Post-Treatment Instructions for Patients

AFTER EACH SESSION

- **You may return to all normal activity immediately**, including work, driving, and exercise.
- Keep the small bandage on for a few hours.
- Keep the needle site clean and dry for the rest of the day.
- No restrictions on bathing after the first few hours.

WHAT IS NORMAL

- A small red mark or tiny bruise at the needle site
- Mild tingling or aching in the ankle or foot for a short time
- Occasional mild cramping in the foot

These settle quickly. There is no recovery period with this treatment.

WHAT TO EXPECT OVER THE COURSE

- **Most people notice nothing for the first several weeks.** This is normal and is not a sign the treatment is failing.
- Improvement usually begins around **weeks 5 to 7**.
- Benefit continues building through the full 12 weeks.
- **Keep every weekly appointment.** Skipping sessions is the most common reason treatment does not work.

TRACKING YOUR PROGRESS

Keep a simple bladder diary if you were given one — how often you urinate, how many leaks, and how many pads you use. This is the most reliable way to tell whether the treatment is working, because gradual improvement is easy to miss day to day.

AFTER THE 12 WEEKS

If you have improved, you will move to **maintenance sessions**, typically every 3 to 4 weeks. Benefit fades if maintenance stops, so plan on continuing. If you have not improved enough, we will discuss other options such as Botox or sacral neuromodulation.

Next appointment: _____ Session _____ of 12

CALL THE OFFICE IF YOU HAVE

Call 909.236.3333

- Increasing redness, warmth, swelling, or drainage at the needle site
- Fever over 101°F
- Pain in the foot or ankle that persists for more than a day after a session
- New numbness or weakness in the foot
- Bleeding that does not stop with brief pressure