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Percutaneous Tibial Nerve Stimulation (PTNS)

Pre-Treatment Instructions for Patients

ABOUT YOUR TREATMENT

PTNS treats overactive bladder — urgency, frequency, and urge incontinence — using gentle electrical stimulation. A very fine needle electrode is placed near the tibial nerve just above the inside of the ankle. That nerve connects through the spinal cord to the nerves controlling the bladder, so stimulating it calms the signals that cause urgency.

Treatment is **30 minutes once a week for 12 weeks**. Most people who respond notice improvement around weeks 5 to 7. After the initial course, maintenance sessions every few weeks usually keep the benefit.

WHAT MAKES THIS DIFFERENT

- No medication, so none of the dry mouth, constipation, or mental foggy bladder medications can cause
- No surgery and no implant
- No recovery time — you walk out and resume your day immediately
- The main commitment is **attending all 12 weekly sessions**. Missing sessions substantially reduces the chance it works.

TELL US BEFORE TREATMENT IF YOU HAVE

- A **pacemaker or implanted defibrillator**
- Any other implanted electrical device or nerve stimulator
- A bleeding disorder, or you take blood thinners
- A wound, ulcer, infection, or skin problem on the lower leg or ankle
- Nerve damage or numbness in the feet, including from diabetes
- You are pregnant or may be pregnant

THE DAY OF YOUR APPOINTMENT

- Eat and drink normally — there are no restrictions.
- Take your regular medications as usual.
- **Wear loose pants or a skirt that can be rolled above the knee**, or bring shorts.
- Wash your lower leg and ankle.
- Skip lotion on the lower leg and foot that day — it interferes with the adhesive electrode.
- Plan for about 45 minutes at the office.

WHAT TO EXPECT

You will sit comfortably with your leg supported. A sticky pad electrode goes on your foot and a very fine needle is placed just above the inside of your ankle — most people describe it as a brief pinprick. The stimulator is turned up slowly until you feel a tingling in the ankle or sole, or see your big toe flex or your toes fan. That confirms the nerve is being reached.

You then sit for 30 minutes. You can read, use your phone, or talk. The needle is removed at the end and a small bandage applied.

WHEN TO CALL THE OFFICE

Call 909.236.3333 if you develop an infection, wound, or rash on the treatment leg, or if you need to reschedule — keeping the weekly schedule matters for results.

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