

# Posterior Tibial Nerve Stimulation (PTNS)

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## What is Posterior Tibial Nerve Stimulation (PTNS)?

A minimally invasive treatment (requiring minor surgery) to improve bladder control in men and women. It may be successful when other therapies have not worked. It can be done alone or in combination with other therapies.

This therapy is not recommended for:

- people with pacemakers or implantable defibrillators
- people prone to excessive bleeding
- people with nerve damage that could impact either percutaneous tibial nerve or pelvic floor function
- people who are pregnant or planning to become pregnant during the duration of treatment

## What should I expect during the procedure?

1. In the clinic, a tiny needle (similar to an acupuncture needle) is placed in the skin near the ankle.
2. A device is attached to the needle and delivers a mild electrical impulse.
3. You may feel a sensation in the foot or ankle during therapy. The sensation is well-tolerated by most people.

## What is the treatment schedule?

You will need one 30-minute weekly session per week for 12 weeks. It will probably take at least 6 sessions before you notice symptom improvement, but completing the full 12 weeks is recommended.

## What should I expect after my session?

You may have minor bleeding, mild pain, or skin inflammation (red, swollen, painful) in the area where the needle was placed. If you have any concerns, please do not hesitate to contact our office at (231) 739-9492.

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