

Percutaneous Tibial Nerve Stimulation (PTNS)

What is a PTNS?

PTNS or PTNM (Percutaneous Tibial Neuromodulation) treats the symptoms associated with overactive bladder (OAB) and associated symptoms or urinary urgency, urinary frequency, and urge incontinence. PTNS delivers gentle stimulation to the tibial nerve through an acupuncture-like needle placed in the skin near your ankle. The tibial nerve, which is located in your leg where the tibia (shinbone) attaches to the ankle, connects the nerves responsible for bladder function. It is thought that this nerve stimulation corrects the miscommunication that could be occurring between your brain and bladder to cause OAB symptoms.

What does it feel like?

The sensation should not be painful, although you may feel a slight tingling in your heel.

Where is the treatment done?

The treatment is done at our offices and lasts about 30 minutes. Initial treatment consists of 12 weekly, 30 minute sessions.

What are the risks?

Most common side effects of PTNS/PTNM are temporary and include mild pain and inflammation at or near the stimulation site.

The following are potential health risks associated with this type of device and therapy:

- ❖ Discomfort and pain (including throbbing pain) at, or near, the stimulation , including patient's lower leg and foot
- ❖ Bleeding at the needle site
- ❖ Redness/inflammation at, or near, the stimulation site
- ❖ Numbness of toes
- ❖ Stomach ache

PTNS/PTNM is not intended for patients with pacemakers or implantable defibrillators, patients prone to excessive bleeding, patients with nerve damage that could impact either percutaneous tibial nerve or pelvic floor function, or on patients who are pregnant or planning pregnancy.

Comprehensive Urologic Care in a Local Setting