Essential tremor patient DBS surgery journey map

Each essential tremor patient is unique, as is their treatment plan. The guide below provides a general idea of the journey a typical DBS patient might experience.

1. Diagnosed with essential tremor

2. Significant quality-of-life impact
   Symptoms are no longer controlled adequately with medication

3. Consider deep brain stimulation (DBS) surgery as an option and discuss with your neurologist

4. DBS candidacy evaluation* (typically requires one to two days)
   - Confirm essential tremor diagnosis
   - Possible speech or neurocognitive evaluation
   - Pre-operative medical clearance

   *Some or all of these appointments may need to occur at OHSU with a movement disorders neurologist or neurological surgeon, if unable to be provided by your referring provider.

5. DBS surgery at OHSU
   **Before surgery**
   - Preoperative visits with neurological surgery
   - Receive medical clearance for procedure
   - Brain imaging (under anesthesia if needed)

   **Stage 1 DBS surgery**
   - Inpatient surgery
   - Discharged the following day

   **Stage 2 IPG implant surgery**
   - Takes place within 10 days of Stage 1 surgery
   - Outpatient surgery
   - Discharged the same day

   **After surgery**
   - Within 1 month of Stage 2 surgery:
   - Programming with OHSU or local neurologist

6. Follow-up appointments*
   - Post surgery: neurology visit, ongoing programming adjustments/optimization
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   - Six-month intervals: follow-up care visits

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