

Neurosurgery Discharge Instructions - Brain

Diet:

- No restrictions following discharge.

Activity:

- Walk at least three times a day. Gradually increase your distance and add light activities each day.
- Do not exercise other than walking until after your follow up appointment.
- No lifting over 5-10 pounds (a gallon of milk weighs 8.5 pounds).
- Do not drive if you are taking pain medications, muscle relaxants, or if you are in pain. Do not drive 1-2 weeks after surgery.
- You may resume sexual activity when this is comfortable for you.
- You can return to work when you feel ready. However, you must stay within the 5-10 pound weight lifting restriction – half days might be better at first.

Wound Care:

- Your incision may be closed with staples.
- You may shower after surgery but will need to cover your incision to prevent from getting wet. Do not soak the incision in a bathtub or pool for 4 weeks.
- If you have any stitches or staples outside of the skin you will need to have these removed within 7-10 days following surgery.
- You may remove the dressing the day following surgery. If there is still a small amount of bloody drainage, you can place a new sterile gauze dressing, otherwise it is recommended that you leave the wound open to air
- Do not put any ointments, creams, or lotions on the incision unless otherwise instructed.

Pain/ Post operative symptoms:

- You will have some pain at the incision and soreness of the muscles of the neck and skull. This is normal and will improve with time.
- You may have headaches from swelling over the next 2 weeks, these headaches should improve with time. Pain medications and steroids will be helpful.
- Some pain is normal as you resume your daily activities. You will tire more easily for several months after surgery.
- You may still have problems with speech, memory, concentration or motor movement and sensation. This may result from the underlying brain disorder, and may temporarily worsen post-operatively as the brain swells. The steroid medications prescribed help to decrease this swelling.

Medication:

- There is a risk of seizures after brain surgery. This is the result of irritation of the brain from surgery. For this reason we may prescribe an anti-seizure medication such as Dilantin or Keppra for you to take post-operatively. If you were on an anti-seizure medicine before surgery, you should continue to take this medication unless told otherwise.
- Take all of your medications as prescribed. You **DO NOT** have to take pain medication unless it is needed.
- Do not use alcohol while taking pain medication.
- An over the counter stool softener for constipation is encouraged (try Dulcolax, Milk of Magnesia or Correctol at first and Magnesium Citrate or Fleets enema if needed) – anesthesia and pain medication may cause constipation.

Questions/Concerns:

Call the office (405-628-6808) for any of the following:

- a temperature of 101°F or above
- increased redness, soreness, swelling or foul-smelling drainage
- inadequate pain relief
- nausea or vomiting
- shortness of breath
- severe difficulty swallowing liquids
- any other concerns

Other Information:

* It is your responsibility to call our office and schedule your follow up visit. You will need to be seen 4 weeks following surgery, **UNLESS** you have stitches or staples outside of the skin, which will need to be removed in 7-10 days.

*Remember we do not fill/refill any medication in between your office visits. It is your responsibility to take the medication as prescribed.