

# Neurosurgery Discharge Instructions

## Brain

### Diet:

- You do not have any restrictions following this surgery, although you may find it more comfortable to eating soft foods such as pudding, ice cream, and soups for the first few days.

### Activity:

- Walking is encouraged and you may participate as much as you would like.
- Do **not** exercise other than walking until after your follow up appointment.
- Avoid twisting, turning, stopping, or bending
- **Avoid** exercises like aerobics, heavy house cleaning and 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.
- 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:

- You **may** shower after surgery but will need to cover your incision to prevent from getting wet.
- If you have any stitches or staples outside of the skin you will need to have these removed within 7-10 days following surgery.
- Do **not** put any ointments, creams, or lotions on the incision unless otherwise instructed.

### 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.
- You may use throat sprays or drops such as Cepacol for throat discomfort

### **Common Issues**

- Expect soreness of the wound.
- 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 of the incision over the next 2 weeks, these headaches should improve with time. Pain medications and steroids will be helpful.
- Your dysfunction may not be completely gone immediately after surgery. This is expected
- Have reasonable expectations; for relief and being able to resume normal activity.
- 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 if prescribed may help to decrease this swelling.

### **Questions/Concerns:**

Call the office 405.757.2430 for any of the following:

- Fever with temperature of 101°F or above
- increased redness, soreness of the wound
- swelling or drainage from the wound
- inadequate pain relief
- nausea or vomiting
- shortness of breath
- difficulty swallowing liquids
- pain in your calf
- **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.