

NEUROSURGICAL ASSOCIATES, L.L.C.

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Dear Patient,

You are being discharged following **craniotomy**. These instructions are to be followed as a general guideline. If you have any questions, problems or concerns, PLEASE FEEL FREE TO CALL THE OFFICE AT (801) 507-9555. The office is open from 9:00 am to 4:30 pm Monday through Friday. If it is after hours, a weekend or holiday, call the same number and the answering service will contact Dr. Reichman in emergent situations.

1. Please call the office at your earliest convenience to set up your first follow up appointment, which should be approximately 4-6 weeks from the date of your surgery.
2. Keep your incision clean and dry for one week; this is very important to prevent infection. Cover your incision (s) with plastic prior to showering. If you have steri strips on your abdomen, (some craniotomy surgeries require this) also keep them dry and intact for 1 week. If the steri strips are damp after removing the plastic, use a hair dryer to dry them. Once the steri strips are removed it is OK to wash your hair and then there is no need to cover your incisions during showering. Initially, it is normal for the skin around your incision (s) to be slightly swollen and red, maybe even warm to the touch. You may also experience swelling of one or both eyes as well as the temporal region. These are all signs of the inflammatory response, which is part of normal healing. Use of ice-packs for 20 minute intervals is acceptable. If there is drainage from your wound and/or you have a fever (taken with a thermometer), call the office.
3. Your throat may be sore from the endotracheal tube, which is part of general anesthesia. Throat lozenges will help relieve the discomfort. Normal wake/sleep patterns may be altered due to the stress of the surgery and anesthetic. Be patient; your regular schedule will return. Expect some muscle stiffness and overall body fatigue. Fatigue is common during the period of recovery due to the extensive nature of the surgical procedure and generally lasts 6-12 weeks. Everyone recovers at his/her own rate. Adequate rest and nutrition will contribute to the healing process.
4. Walk as much as you can! No lifting greater than 25lbs. Minimize twisting, bending, squatting and stooping. Do only what it takes to get dressed. Remember you have just had surgery; give your body time to heal.
5. You will be discharged with a prescription for pain medication _____, and possibly an anti-seizure drug _____. The instructions for each will be printed on the bottles at the pharmacy. It is very important that you take the medications as prescribed. If you do not understand the directions, ask for clarification from the pharmacist or call the office. The narcotic pain medications are habit-forming and should be taken only as needed. It is acceptable and recommended to substitute a non-narcotic pain medication such as Extra Strength Tylenol as soon as possible. Resume all pre-admission medications which have been prescribed by other physicians.