

# NEUROSURGICAL ASSOCIATES, L.L.C

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### Craniotomy - Discharge Instructions

Please follow instructions carefully to aid a healthy recovery.

#### Common Symptoms

- It is common to have headache/pain after surgery, which may last a few days or a few weeks.
- You may feel more tired for 1-3 weeks after surgery. Daily napping may be beneficial for the first 1-2 weeks.

#### Wound Care

- Keep incisions dry for 48 hours.
- You may shower (do not bathe) 48 hours after surgery. Do not scrub the incision areas. Pat dry.
- **DO NOT** use Hydrogen Peroxide or ointments such as Neosporin, Vaseline, Vitamin E, or any scar creams on incision for 4 weeks.
- **DO NOT** soak in bath, swim in pools, or use hot tubs or sauna for 2 weeks.
- **NO** hair coloring or perm solutions for 6 weeks following surgery.
- **Staples** will be **removed 10-14** days after surgery. You may call our clinic at **801-507-9555** to schedule removal or at clinic of your choosing.

#### Medications/Discomfort/Treatment

- You may be given a prescription for a narcotic for more severe pain. This medication can cause confusion, constipation, nausea or a rash. If any of these symptoms occur, stop taking the medication. Only take as needed and gradually taper off as tolerated.
- **DO NOT** drive while taking narcotic pain medication.
- For moderate pain, you may take over-the-counter pain medication (i.e. Tylenol or Ibuprofen).
- Continue to take your other medications the same way as you did before the surgery.
- Please make sure you are drinking plenty of water and eating plenty of high fiber foods.
- You may use ice packs to provide relief of swelling and pain at incision site. 20 minutes on/ 20 minutes off.

#### Activity

- **DO NOT** lift anything greater than 10 pounds for 2 weeks.
- **Avoid** straining and high impact exercise such as running for at least 2 weeks after surgery.
- It is important to get daily exercise and walking is a great way to do this. Gradually increase your activity starting with short walks and increasing to 30 minutes a day/1-2 times per day.

#### Follow-Up

You should have scheduled follow-up appointment with Dr. House in ~4 weeks. Please call our office at **801-507-9555** to schedule if needed.

#### **CALL US IMMEDIATELY**

- If you see redness beyond the staple edges, swelling, or drainage from your incision or you develop a fever over 101.5.