

# NEUROSURGICAL ASSOCIATES, L.L.C

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### DBS LEAD EXTENDERS- INTERNAL PULSE GENERATOR SURGERY

#### Discharge Instructions

Please follow instructions carefully to aid a healthy recovery.

#### Common Symptoms

- You may have some soreness in the head, neck and chest. Once again you may find tenderness where the leads were under the scalp and run under the skin to the chest.

#### Wound Care

- Keep scalp and chest incisions **dry** for **48 hours**. The scalp incision will be closed with staples and the chest will be closed with skin glue. **Staples** will need to be **removed** in **10-14 days** and the skin glue will gradually peel off by itself in approximately 5-10 days. You may call our office **801-507-9555** to schedule removal or at a clinic of your choosing.
- You may gently wash your hair 48 hours after surgery. Do not scrub the incision areas. Pat dry.
- **DO NOT** use hair gels, hair sprays or any other styling products, etc. on hair for 2 weeks.
- **DO NOT** use Hydrogen Peroxide or ointments such as Neosporin, Vaseline, Vitamin E, or any scar creams on incision for 4 weeks.
- Limit sun exposure on incision as it has a higher tendency to burn and remain red.
- **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.

#### Medications/Discomfort/Treatment

- For mild to moderate pain, you may take over-the-counter pain medication (i.e. Tylenol or Ibuprofen).
- If you asked to stop blood thinners such as aspirin or Plavix, you may restart these 2 days after surgery.
- Continue to take all of your medications for your movement disorder the same way as you did before the surgery. It can take up to 48 hours to feel back to your normal pre-operative state.
- **DO NOT** drive if taking narcotic pain medication.
- 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.
- Please perform gentle range of motion stretches on your neck, shoulders and arms several times daily as this will decrease the pain and muscle spasms from the lead extender placement.
- 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.
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### **Follow- Up/Programming**

You should have scheduled follow-up appointment with your neurologist to program the Deep Brain Device (DBS) in approximately 2-3 weeks. If not, please contact as soon as possible to schedule.

#### **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.