WESTERN CONNECTICUT HEALTH NETWORK

DANBURY HOSPITAL

BRAIN SURGERY

This is a list of instructions to assist in your recovery following your brain surgery. These general instructions should be used as guidelines.

Post-operative Visit

- Make an appointment with your surgeon for a post-operative follow-up visit.
- This should be 10-14 days after your surgery.

Medication

- Pain Medication
  - You will be given pain medication for headaches.
  - These medications can make you constipated. It is important to drink lots of water and eat a high fiber diet. You may need to take a stool softener. It is ok to take Milk of Magnesia, Metamucil, Fibercon or Citrocel.
- Anticonvulsant Medication
  - You may be given medication to prevent seizures.
  - You must take this medication as directed and not miss any doses.
  - Make sure that you understand how to take the medication you are given. Follow these instructions very carefully.
- Check when your prescription is due to be refilled. Call the office Monday-Friday from 9am to 5pm to renew. It can take up to two days to renew medication by phone.
- Do not let your prescription for seizure or pain medication run out.
- Do not drink alcohol after your surgery.

Bathing

- If you had minimally invasive surgery you can take a shower 2 days after surgery. You may wash your hair 5 days after surgery.
- For all other types of surgery you can take a shower 5 days after surgery.
- Wash your hair using a gentle baby shampoo. **DO NOT** use a hair dryer after washing your hair. **DO NOT** brush your hair away form the wound (incision). This will pull on the sutures.

Activity

- Lie only on a bed with your head propped on at least two pillows.
- Roll to your side to get up from a lying down position (logrolling).
- **DO NOT PUSH BACKWARDS WITH YOUR HEAD OR NECK**. Roll onto your side to adjust your position in bed.
- Sit only in a straight back chair (like a kitchen or dining room chair).
- **DO NOT** sit or lie down on the sofa or a recliner.
- **NO** bending, crouching down, lifting heavy object or straining. You should only use one arm to lift and only lightweight items.

- Begin walking in the house. When you feel up to it begin walking outside. Have someone with you for the first few times. Slowly start to walk a little bit further each day. Begin with short 10-minute walks. You can increase the time and distance slowly to a 20-30 minute walk. Do this two times a day.

Driving

- You cannot drive.
- You can be a passenger twice after your surgery. The first time to go home, the second to go to your postoperative visit. Your surgeon will give you more instructions at that time.

Please call the office if you have any questions.

Call the office or 911 to go to the Emergency Room if:

- There is any redness or drainage from your wound
- You have a fever
- If your headache gets worse
- You feel drowsy
- You have new weakness on one side of your body
- Your family notices changes in your behavior