

Discharge Instructions

Brain Surgery

Diet

- ❖ You may resume your usual diet.
- ❖ As always, you should eat a well-balanced diet in order to prevent any malnutrition or deficiency of vitamins, which would cause delays in healing.
 - There is no need to start taking any new dietary supplements or vitamins after your surgery unless otherwise advised by your physician.
- ❖ Due to irritation from the breathing tube that was used during surgery, it is normal to have some swelling of the throat causing you to have mild difficulty swallowing as well as some throat irritation. This is normal and will resolve over the next few days. However, if you have any increasing difficulty swallowing or excessive nausea or vomiting contact the office for further instructions.

Activity

- ❖ For the first 2-3 weeks after your surgery, your body will work overtime in order to heal. Therefore, during this period of time...
 - You should have a family member or friend stay with you for the first few days following your discharge. After that make sure someone is available for you to contact in case of an emergency.
 - Avoid keeping your head flat as much as possible. When in bed, prop your head up with extra pillows
 - Refrain from any *vigorous* activity or *vigorous* exercise. But, do not remain inactive during this period of time, either. Walking and light, non-weight bearing exercises as tolerated will help keep you in shape and get you to your normal routine faster.
 - Do not bend over at the waist or lift anything heavier than a phone book.
 - Although spontaneous loss of consciousness is rare, do not participate in any activities where you can hurt yourself or others if you do lose consciousness.
 - Do not drive until instructed by your physician.
- ❖ After this initial period, you may slowly resume your normal activities unless otherwise instructed by your physician.

Wound Care

- ❖ Keep the wound clean at all times until it has fully healed.
- ❖ Keep the wound dry for at least 7 days from the date of your surgery.
 - In order to take a shower during this period of time, you may wear a shower cap to keep the wound dry.
 - If your wound does get wet accidentally, dab it dry with a clean towel and let it air dry.

- ❖ There is no need to cover the wound or put any type of ointment or cream over the wound after the dressing is removed.
 - If you have staples or non-absorbable sutures on your wound, then they need to be removed 7-10 days after surgery (if this is your first surgery in that area) or 14 days after surgery (if this is a re-operation in the same area).
 - Call the office to make an appointment to have your sutures or staples removed within this period of time.
- ❖ If you notice any of the following or if you have any other concerns, call the office immediately to get further instructions:
 - Increased redness
 - Drainage of bloody, clear, or yellow fluid
 - Increased pain
 - Fever, chills, or night sweats
 - Fluid collection under your scalp

Medications

- ❖ Take all prescribed medications as instructed. Consult your physician if you experience any adverse effects or if you have any questions.

Follow-up

- ❖ Call the office at (818) 783-4949 to make a follow-up appointment for one week after your discharge from the hospital.
- ❖ Notify the office or go to the local emergency department if you experience any weakness, numbness, vision changes, speech or swallowing difficulties, seizures, excess drowsiness, confusion, or any other concerning symptoms.

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