

# After Your Endoscopic Transnasal Transsphenoidal Surgery

## *Self-care at home*

*This handout gives self-care instructions for you to follow at home after your endoscopic transnasal transsphenoidal surgery.*

### **Pain Control**

After this surgery, it is normal to have a dull headache for 1 to 2 weeks.

- For mild to moderate pain, you may take *nonsteroidal anti-inflammatory drugs* (NSAIDs) such as ibuprofen (Advil, Motrin) or naproxen (Aleve, Naprosyn). Follow dose instructions on the bottle.
- We may also give you a short-term prescription for *opioid* pain medicine. This medicine is for severe pain. Take this medicine **only** as prescribed. If you need refills, talk with your primary care provider (PCP).

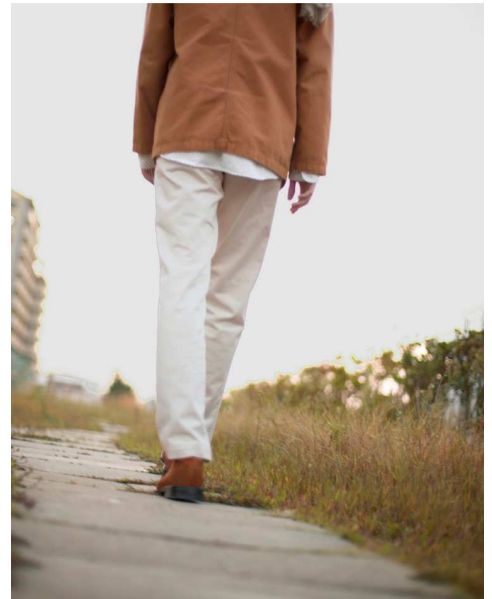
### **Self-care**

- If your nose or sinuses are congested, apply Normal Saline nasal spray to each nostril every 3 to 4 hours as needed.
- Take slow walks every day to help your recovery.

### **Precautions**

#### **For 2 Weeks After Surgery**

- Do **not** blow your nose.
- Wipe your nose gently.
- Open your mouth when you cough or sneeze.
- Do **not** use a straw for drinking fluid.
- To avoid putting pressure on your head, do **not** bend over at the waist.
- Do **not** lift anything that weighs more 10 pounds. (A gallon of milk weighs almost 9 pounds.)



*Take slow walks every day to help your recovery.*

- Do **not** strain when having a bowel movement.
- Avoid strenuous activity (anything that increases your heart rate).

## **When to Call**

Call the clinic if you have:

- Severe or unusual headache
- Nausea and vomiting
- Problems with balance or dizziness
- A hard time walking, or poor coordination
- Problems with your vision
- Loss of bowel or bladder control
- Personality changes, confusion, memory problems, or seizures

## **Urgent Care**

Call 911 **right away** if you have symptoms of a stroke, such as:

- Weakness or loss of feeling
- Problems talking, walking, or seeing
- Severe headache that starts suddenly

### **Questions?**

Your questions are important. Call your doctor or other healthcare provider if you have questions or concerns.

Weekdays 8 a.m. to 4 p.m., call Harborview Neurosurgery Clinic: 206.744.9340.

After hours and on weekends and holidays, call 206.744.2500.