

After Your Neurosurgery Interventional Procedure

Care in the hospital and self-care at home

This handout explains care after your procedure, including self-care at home and when to call the doctor.

For your procedure, a long plastic tube (*catheter*) was inserted through an artery in either your groin (*femoral entry*) or your wrist (*radial entry*). Your surgeon has decided which entry point is safest for you.

Care After Your Procedure

Care after your procedure depends on which entry point was used.

For Groin Entry

Care in the Hospital

To prevent bleeding at the procedure site, you must lie flat on your back for 4 to 6 hours. During this time, the nurses will:

- Monitor you closely
- Tilt your bed so you can eat
- Help you change position for better comfort
- Check your vital signs and level of awareness
- Check your puncture site every hour

Self-care at Home

- For 48 hours, do **not** take a bath, swim, or cover the puncture site in water.
- For **7 days** after your procedure:
 - Do **not** lift anything that weighs more than 10 pounds (a gallon of milk weighs almost 9 pounds).
 - Do **not** do any deep knee bending.



Your surgeon will use ultrasound to help place the catheter.

- Do **not** strain when having a bowel movement.
- Avoid constipation. Drink lots of fluids. Eat plenty of fresh fruits and green leafy vegetables. Use a stool softener, if needed.

For Radial (Wrist) Entry

Care in the Hospital

- Nurses will closely monitor your puncture site, vital signs, and your level of awareness.
- You will have a tight band around your wrist for 2 hours to prevent bleeding at the puncture site.
- If needed, nurses may place your wrist on an arm board to keep your wrist from bending.

Self-care at Home

- For 48 hours, do **not** take baths or cover the puncture site in water.
- For **6 hours** after your procedure, limit wrist movement in the affected arm.
- For **2 days** after your procedure:
 - Keep your wrist straight
 - Avoid lifting anything that weighs more than 1 pound (a 15 oz. can of beans weighs about 1 pound)
- For **2 days** after your procedure, avoid using the affected arm.

Recovery At Home

We care about your health. A nurse will call you the day after your procedure to ask how you are doing and answer your questions.

For Your Safety

Medicine you were given for the procedure can affect your judgment and response time. For **24 hours** after your procedure, do **not**:

- Drink alcohol
- Drive or use machinery
- Sign legal papers or make important decisions
- Care for children, pets, or an adult who needs care

Self-care

After 24 hours, you may:

- Remove the dressing and take a shower

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 at 206.744.9340 and press 2.

After hours and on weekends and holidays, call the Community Care Line at 206.744.2500.

- Resume your usual activities
- Walk often to speed your recovery

Puncture Site Care

- Keep the puncture site clean and dry.
- Gently clean with mild soap and pat dry.

Pain Control

For mild to moderate pain, you may take such as ibuprofen (Advil, Motrin), naproxen (Aleve, Naprosyn), or other *non-steroidal anti-inflammatory drugs* (NSAIDs). Follow instructions on the bottle.

What to Expect







After this procedure, it is normal to have:

- Bruising and tenderness at the entry point. This should go away after a few days.
- Mild, short-term hair loss, caused by the X-rays that were used to guide the catheter during your procedure. Your hair will grow back.
- A dull headache for 1 to 2 weeks.

When to Call

Call 911 **right away** if you:

- Start to bleed at your incision site. Apply constant pressure while you wait for help to arrive.
- Develop a lump at the entry point that is quickly growing.
- Have symptoms of a stroke (see the “BE FAST” graphic below):
 - Weakness or loss of feeling
 - Problems talking, walking, or seeing
 - Severe headache that starts suddenly

B	E	F	A	S	T
BALANCE	EYES	FACE	ARMS	SPEECH	TIME
					
Balance problems, headache, dizzy	Blurred vision	One side of face droops	Arm or leg weakness	Speech problems	Time to call 911!

*The letters **BE FAST** tell what stroke symptoms look like, and what to do if symptoms occur.*