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.)
• 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