After Your Neurosurgery Interventional Procedure

Self-care at home

This handout gives self-care instructions for you to follow at home after your procedure.

In the Hospital

To keep blood from leaking at the procedure site, you must lie flat for 6 hours. During this time, the nurses will:

- Monitor you closely
- Tilt your bed so you can eat
- Help you change position if you are not comfortable
- Check your vital signs and your level of awareness
- Check your procedure site every hour

At Home

- Your health is important to us. A nurse will call you the day after your procedure to ask how you are doing and answer your questions.

- Medicine you were given for the procedure can affect your judgment for 24 hours after your procedure. For your safety during this time, do not:
  - Drink alcohol
  - Drive or use machinery
  - Sign legal papers or make important decisions

- After 24 hours, you may:
  - Remove the dressing
  - Take a shower
  - Resume your usual activities

One of our nurses will call you the day after your procedure to ask how you are doing.
For 7 Days

- Do not take baths or allow the puncture site to be covered in water.
- Do not lift anything that weighs more 10 pounds. (A gallon of milk weighs almost 9 pounds.)
- Do not do any deep knee bending.
- Avoid strenuous activity (anything that increases your heart rate).
- Walk often to help your recovery.

Pain Control

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

What to Expect

After this procedure, it is normal to have:

- Bruising and tenderness in your groin area (this should go away after a few days)
- Short-term hair loss (it will grow back)
- A dull headache for 1 to 2 weeks

When to Call

Call 911 right away if you:

- Begin to bleed at your incision site. Apply constant pressure while you wait for help to arrive.
- Develop a lump at your groin area.
- 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 the Community Care Line at 206.744.2500.