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

Before You Leave the Hospital
- Talk with your surgical team about:
  - Pain control at home
  - Airplane travel
- Talk with your primary care provider so they know you had surgery.

Incision Care
- You will not need to put a bandage on your incision, unless your doctor or nurse tells you to.
- Check your incision daily for:
  - Signs of infection such as heat around your incision, bad-smelling drainage (pus), redness, or a fever higher than 101.5°F (38.6°C)
  - Swelling or fluid buildup
  - More drainage than usual
- You may shower 4 to 5 days after discharge from the hospital. Use regular shampoo to gently clean your incision with your fingertips.

Activity
- For 2 to 4 weeks, do not bend over at the waist. This puts pressure on your head. (Ask your doctor for exact timing.)
- For 2 weeks, do not lift anything that weighs more 10 pounds, unless your doctor tells you it is OK. (A gallon of milk weighs almost 9 pounds.)
- For 2 weeks, do not strain when having a bowel movement.
- Do not use hair dye until your incision is fully healed.
When to Call

Weekdays from 8 a.m. to 4 p.m., call the Clinic Nurse Line at 206.897.9340 if you have:

- Severe or unusual headache
- Nausea and vomiting
- Problems with balance or dizziness
- A hard time walking, or poor coordination
- Stroke-like symptoms such as feeling weak, not being able to talk, or loss of feeling
- Impaired vision
- Loss of bowel or bladder control
- Personality changes, confusion, memory problems, or seizures

After hours and on weekends and holidays, call the Community Care Line at 206.744.2500 to talk with a nurse.

If You Had Endoscopic Transnasal Transphenoidal Surgery

- If you are congested, apply Normal Saline nasal spray to each nostril every 3 to 4 hours as needed.
- For 2 weeks:
  - Wipe your nose gently.
  - Do not blow your nose.
  - Open your mouth when you cough or sneeze.
  - Do not use a straw for drinking fluid.