



Spineandbraingroup.com
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Postop Instructions for Our Brain Surgery Patients

Thank you for letting us provide your care. Taking care of yourself after surgery is a key part of your recovery. This information is for our patients who have undergone brain surgery. This information is a general guideline to postoperative care, and we may provide you different or additional instructions as needed for you.

ACTIVITY

Walking is the best form of exercise after surgery. If your condition permits, we recommend walking several times a day. Start by walking in your home, and then if you wish, progress to walking outside, or in a public place if you feel up to this and it is safe for you. If you would like to use a treadmill place the incline setting to zero. Use your judgment as to how fast or far to walk and increase your pace and distance gradually.

Avoid lifting more than 10 pounds for the first six weeks after surgery. After the six weeks the restrictions will be adjusted by your surgeon. Ten pounds is approximately the weight of a gallon of milk.

Driving: The condition for which you had surgery may make it inadvisable for you to drive. We do not advise driving until you're medically cleared to do so.

WOUND CARE

We may recommend leaving your wound open to air, or we may recommend a dressing.

If your incision is covered by a dressing, this should be changed daily for the first three days following surgery. Afterwards you may leave the wound uncovered. A few small spots of blood on the dressing are normal. Some swelling, redness, and pain is common with all wounds. This will normally go away as the wound heals.

Cleanse the wound daily by gently dabbing with soap and water and gently dry by dabbing with a towel. Do not scrub the wound. You can take a shower but avoid direct water pressure on the incision site. Do not submerge the wound in water (no bath, no hot tub) until instructed by us.

The wound may have been closed with skin staples or sutures. These will be removed when we see you for your first follow-up visit.

If there is glue on top of the wound, let this fall off on its own. This glue often looks like blue plastic.

PAIN MANAGEMENT

Some pain can be expected after surgery, and you may be given pain medication for this at discharge. Take your pain medication as directed. Do not take pain medications with alcohol or with illegal drugs. Pain medication can cause side effects such as nausea, vomiting, and especially constipation.

To minimize the likelihood of constipation, take the pain medications only when you need them for pain relief, and try to stay adequately hydrated and include foods with fiber in your diet, or fiber supplements. If there is an over-the-counter medication you have taken in the past for constipation, please feel free to try this. If your symptoms do not improve, you can consider talking to your local pharmacist for advice for other over-the-counter treatments, or your primary care provider, or contact us.

OTHER MEDICATIONS:

You may be prescribed a medication to prevent seizures. If so, take this as directed.

FOLLOW-UP CARE

You will be seen in our clinic 10 to 14 days after surgery. Our office usually makes this appointment for you but if you leave the hospital without one, please contact us to schedule this.

If your appointment is already scheduled, please contact us to verify the time, date, and location since we have several office locations. At your follow up visit(s) you will be seen by either the physician, mid-level provider, or both.

Contact us if you have other questions, or concerns. We would much rather know how you are doing, and try to answer your questions or concerns, than have you be uncertain or worried about how you are doing.

If you experience emergent or urgent conditions, call 911. Otherwise, please contact us at 715-843-1000 and/or through the patient portal at spineandbraingroup.com. Our office hours are Monday-Friday 8 a.m. to 5:00p.m. If you were to call after hours, you will automatically be connected to our paging service. One of our physicians or mid-level provider will be on call for our practice.

We hope this information is helpful and thank you once again for allowing us to provide your surgical care.