

## Discharge Instructions: BRAIN SURGERY

### Activity Instructions:

- Avoid activities such as lifting, pulling, or pushing.
- Avoid running, jogging or bicycle riding
- Do not drive for 2 weeks after surgery.
- Gradually increase your activities and let your comfort be your guide. Walking is good exercise and can increase your endurance.
- As you become more active, you may experience an increase in discomfort, including headaches, so do not become alarmed.
- Sexual relations may be resumed at your discretion.

### Wound Instructions:

- Your incision will have staples. These need to be removed within 10-14 days after surgery.
- It is ok to get the incision wet. Do not bath/soak until the staples are out and the wounds are healed.

### Medication Instructions:

- You will be given prescriptions for pain medication at the time of discharge. Please contact our office for refill authorizations.
- **PLEASE GIVE 48 HOURS NOTICE FOR ALL REFILL REQUESTS. ALSO NOTE WE DO NOT TAKE PRESCRIPTION CALLS ON WEEKENDS OR HOLIDAYS.**
- Narcotics can cause constipation. You may need to take an over-the-counter stool softener or laxative. Drink plenty of fluids and eat a high fiber diet.

### Instructions on when to call:

- Please call our office at 801-387-6520 if you develop any of the following (office hours are Monday-Thursday, 9:00 a.m. to 5:00 p.m. and Friday from 9:00 a.m. to 4:00 p.m.):
  - Fever (over 101.5°), chills, or sweats.
  - A purulent (pus) discharge from your incision. (A small amount of puffiness and numbness around the area of the incision is normal.)
  - New pain or weakness that began after you left the hospital.
  - New bowel or bladder difficulty.
  - Excessive swelling or difficulty breathing and swallowing.

**Call our office if you do not already have a follow up appointment scheduled. This appointment should be 2-3 weeks after surgery.**

*In case of an emergency after business hours, please contact me at the phone number given to you at the time of discharge OR go to the nearest emergency room.*