



ACTIVITY AFTER YOUR BRAIN SURGERY

MOBILITY

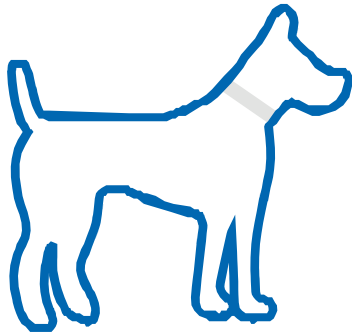
- When lying down, try to use 2 pillows. This will help lessen swelling.
- To avoid dizziness; move slowly from sitting to standing and from lying to sitting positions.
- Take short frequent walks to build up your energy. It is best to have someone with you for walks outside.
- Keep your head above your shoulders when bending over to pick up items, tie your shoe etc.

WHAT TO AVOID

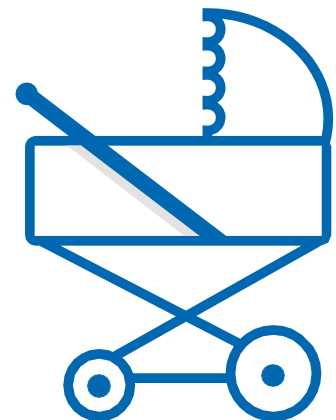
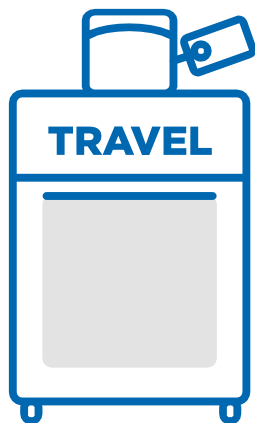
- Do not lift anything heavier than 10lbs (gallon of milk) for the first 2 weeks.
- No straining during a bowel movement as this may cause lightheadedness. It is very important to take stool softeners/laxatives if needed.
- No strenuous exercise; nothing involving jumping or pounding activities, like jogging. You will need to discuss this at your follow up appointment with your Neurosurgeon.
- No driving until cleared by your Neurosurgeon.

WEIGHT RESTRICTION ITEMS

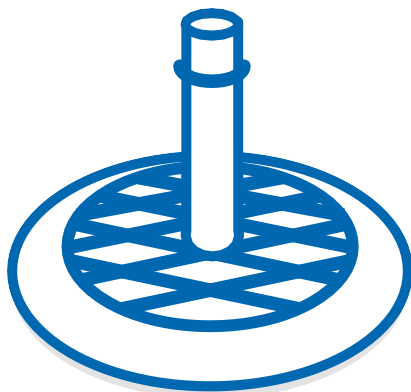
ITEMS THAT WEIGH 10LBS - Lifting restrictions for the first two weeks



ITEMS THAT WEIGH 25LBS - You may start lifting at 2-6 weeks postoperatively



ITEMS THAT WEIGH 50LBS - You may start lifting at 6-12 weeks





WHO TO CALL AND WHEN

PLEASE CALL YOUR NEUROSURGEON WITH ANY CHANGES IN YOUR NEUROLOGICAL STATUS; INCLUDING:

- Changes in your vision, speech, walking, or swallowing
- Any new weakness or numbness on your body
- Any worsening headaches not relieved by prescribed pain medication
- Unremitting nausea or vomiting
- Neck stiffness
- Any changes in your wakefulness; being too sleepy
- Signs of wound infection, such as redness on or around the incision, drainage of any color and hot to the touch
- Fever; temperature > 100.5 at home

YOU SHOULD CALL IN THE FOLLOWING ORDER:

- Your Neurosurgeon's office*
- * Call 617-732-6660 if you are unable to reach your clinic.

If you need to reach a Neurosurgeon for any of the concerning symptoms noted above and it is a weekend, holiday or off normal clinic hours, please call 617-732-6660 to have the Neurosurgery Resident on call paged.

PLEASE RETURN TO THE EMERGENCY ROOM & CALL **911** FOR:

- Any new seizure activity or loss of consciousness
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PROPER NUTRITION FOLLOWING YOUR SURGERY

AFTER SURGERY, YOUR BODY GOES THROUGH A LOT TO REBUILD AND RECOVER

- Eat enough protein; add poultry, meat, fish, eggs, yogurt, cheese and beans to your meals and snacks.
- Bring snacks with you to appointments such as peanut butter crackers, granola bars, nuts, pudding, and cheeses.
- Vitamin C aids in soft tissue (collagen) repair. Citrus Fruits, strawberries, kiwi, bell peppers, brussel sprouts, and broccoli are good examples of Vitamin C.
- Vitamin A helps skin tissue repair. Good sources are butter, egg yolks and bright orange vegetables like squash, carrot and sweet potato.
- Drink fluids; staying hydrated with water, juice, or sports drinks like Gatorade prevents dehydration, makes you feel better and helps metabolize vitamins and other nutrients.



EXAMPLE MENU OF HEALTHY EATING

BREAKFAST

- Hot or cold cereal with 1/2 berries and 1 /4 cup shaved almonds
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MID-MORNING SNACK

- Orange, yogurt or cottage cheese
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LUNCH

- Sandwich of roast turkey breast slices, lettuce, tomato, avocado, and mayonnaise (optional) on whole wheat or multi-grain bread
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AFTERNOON SNACK

- Peanut butter on whole wheat toast or pita
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DINNER

- Stir fried chicken strips sauteed in canola oil with ground or grated ginger. Red, yellow, and green peppers served over brown rice
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BEDTIME SNACK

- Homemade fruit smoothie of banana, strawberries, milk or yogurt, tablespoon of whey protein as needed
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DECADRON TAPER SCHEDULE

Decadron is a steroid that helps reduce swelling in your surgical area. You will be decreasing your dose in a safe, scheduled manner as shown. Do NOT stop taking your Decadron suddenly. You must finish the Decadron as written below, unless otherwise instructed by physician.

WHILE YOU ARE TAKING YOUR DECADRON REMEMBER TO TAKE THE ANTACID THAT WAS PRESCRIBED FOR YOU.

TIME	SUN	MON	TUE	WED	THU	FRI	SAT
	mg	mg	mg	mg	mg	mg	mg
	mg	mg	mg	mg	mg	mg	mg
	mg	mg	mg	mg	mg	mg	mg
	mg	mg	mg	mg	mg	mg	mg
	mg	mg	mg	mg	mg	mg	mg

TIME	SUN	MON	TUE	WED	THU	FRI	SAT
	mg	mg	mg	mg	mg	mg	mg
	mg	mg	mg	mg	mg	mg	mg
	mg	mg	mg	mg	mg	mg	mg
	mg	mg	mg	mg	mg	mg	mg
	mg	mg	mg	mg	mg	mg	mg

Side effects include, but are not limited to: upset stomach, difficulty sleeping, increased appetite, weight gain, and moodiness. If you are diabetic, your glucose may increase while you are on Decadron. You may need to adjust your diabetic medication temporarily. Talk to your doctor if your blood sugar increases.



MEDICATIONS AFTER YOUR BRAIN SURGERY

ANTISEIZURE MEDICATION: EXAMPLES INCLUDE KEPPRA, LAMICTAL, AND VIMPAT

- It is important to take this medication, daily, as directed by your neurosurgeon.
- You may have a seizure if you do not take this medication.
- Your neurosurgeon will decide when you stop taking this medication.
- No drinking alcohol while on this medication.


STEROIDS: EXAMPLES INCLUDE DECADRON, OR PREDNISONE

- A steroid helps with swelling from surgery.
- It is very important to take this the way your doctor ordered it.
- You should not stop taking this medication suddenly. You will be decreasing your dose at regular intervals
- You will be taking an **ANTACID** twice a day while you are on the steroid.
- Common side effects are: increased appetite, trouble sleeping, upset stomach.

PAIN MEDICATION: TYLENOL. IT IS ALSO CALLED ACETAMINOPHEN

- Tylenol works well for any pain after brain surgery.
- You may take 650mg every 4 hrs, or 1000mg every 6 hrs.
- **You cannot take any Non Steroidal Medications such as:** Motrin, Advil, or Aleve for six weeks after surgery.
- If you take an aspirin for heart health your doctor will decide when you may restart this.

NARCOTICS: SUCH AS OXYCODONE OR DILAUDID

- Used for severe pain when Tylenol is not enough.
 - Take this if approved and prescribed by your physician.
 - Do not operate machinery or consume alcohol on this medication.
 - Common side effects are: nausea, constipation, loss of appetite, headache.
 - For constipation: will need stool softeners/laxatives to help improve constipation. Walking, eating fruits and vegetables also help constipation. OTC colace, senna or ducolax will help constipation as well.
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INCISION AND TURBAN CARE

INCISION:

- **Wear a shower cap provided by the hospital or a new cap that you have purchased if you take a shower.**
- You may wear a loose fitting cap or scarf when out in the sun.
- Do not apply any creams or gels to the area; leave it open to the air.
- You may experience some itching, this is normal healing process.
- Have someone look your incision daily for signs of infection such as:
 - Increased redness or tenderness
 - Increased swelling
 - Drainage; clear or bloody
 - Opening of the incision
- Sutures will be removed in 7-14 days postoperatively.
- You may wash your hair on _____.

IF YOU HAVE A TURBAN:

- The goal is to keep it on until your follow up appointment.
 - It must be kept dry at all times; no showering.
 - It may loosen over time.
 - If it falls off, do not panic, replace when possible, and call your surgeons office and let them know.
 - Call the office if you notice any increased drainage on the turban.
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