Neurosurgery Post-Operative Instruction Sheet

These are general post-operative instructions for neurosurgery patients. Please check with our office at 706-721-3071 if you have questions.

Suture/Staple Removal
When discharged, you will be scheduled for suture/staple removal in the Neurosurgery Clinic on the 4th floor of the Ambulatory Care Center.

Dressing Change
Two days after discharge, you may remove any dressings and not replace them. The surgical site should be kept clean and dry. You may shower using a liquid antibacterial soap and clean washcloth. Clean the surgical site first, then the rest of your body. No tub baths, swimming or hot tubs for six weeks. For surgical sites on the head, you may shampoo 24 hours after the sutures/staples are removed. Do not use cream, salve, lotion, antibiotic ointment, baby oil, power or vitamin E on your surgical site for six weeks after surgery, unless advised by your doctor.

Check for Infection
Check your site daily for signs of infection and report any problems to your doctor. Signs are redness, pain, swelling, foul order, fever (greater than 101.5 for 24 hours) or drainage.

Activities/Restrictions
After surgery you should begin a walking program three times a day. Start slowly and gradually increase the time and distance. Make sure you are safe, do not fall. No prolonged sitting, standing or lying. Do not stay in one position longer than two hours. Keep twisting, stooping and bending to a minimum. No lifting greater than 10 pounds. Do not drive until you doctor has released you.

Cervical Collars/Braces
Wear the collar/brace at all times even in bed if you are a restless sleeper. You may take short breaks while sitting quietly. These instructions may vary depending upon the type of brace you have.

Post-Operative Medications
Do not use aspirin, aspirin products or non-steroid anti-inflammatory medications such as Aleve, Motrin, Advil or Ibuprofen. Extra Strength Tylenol is the only over-the-counter pain medication we recommend. At discharge, the residents will write your prescriptions. They are
licensed through the state of Georgia and these prescriptions must be filled in Georgia. We request the courtesy of a 24-hour notification for any prescription medication refills.

**Scheduling Center**
If you need to schedule an appointment to see your doctor, please call the Scheduling Center at 706-721-4581 or 1-800-736-2273.