

## CRANIOTOMY POST-OPERATIVE INSTRUCTIONS

**UPON DISCHARGE FROM THE HOSPITAL, PLEASE CALL OUR OFFICE FOR YOUR POST-OP APPOINTMENT.**

The following are recommended post-op instructions following your surgery. You need to use care to allow your head to heal from surgery by following these precautions:

1. Plan to return to our office around two (2) weeks following surgery unless otherwise directed by one of our doctors, your primary care doctor, or your oncologist.
2. Make and keep all requested appointments with your primary care doctor, oncologist and other members of your health care team.
3. Do not lift heavy items.
4. Do not drive until after you have been seen one of our physicians and received clearance to drive.
5. Do not perform housework, yard work, or any other strenuous activities.
6. Limit walking for the first two weeks to two miles per day.
7. Do not submerge the incision. No baths or swimming until approved. This will be at least four weeks after surgery.
8. You may shower four days after your surgery. ***Do not let shower spray directly onto incision:*** use care with shampooing your hair: rinse the incision just enough to remove any shampoo residue and gently pat dry.
9. Have any increases in your activity level approved by one of our doctors.
10. Take all prescribed medications as directed; do not discontinue taking medications unless instructed by your prescribing doctor.
11. It is not necessary to use ointment on your incision, however you may do so if you desire. A new, unopened tube of Bactroban or Neosporin may be applied sparingly once per day.
12. Call our office if any of the following should occur: fever of 101.5°F or greater; increase of pain; numbness; weakness; confusion; swelling, drainage, or redness around the incision; leg swelling and pain.

**Please call our office immediately if there is any drainage from your incision.**

Burning, itching and *slight* swelling at the incision are normal signs of healing, they are to be expected.

A feeling of pressure or pulling with bending forward is usually experienced; you may want to avoid activities such as tying your shoes.

Pain medications often cause constipation, you may want to avoid this by increasing your intake of fiber (add fresh fruits and vegetables to your diet) by doubling you normal daily intake of water. You may also use a gentle laxative or stool softener.

**PLEASE CALL THE OFFICE IF YOU HAVE ANY QUESTIONS OR CONCERNS FOLLOWING YOUR SURGERY.**