



## Princeton Neurological Surgery

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### Post-Operative Instructions

#### Craniotomy Surgery

*Use these guidelines to help speed your recovery time after craniotomy surgery*

#### **Activity:**

- Start with light activity at home and gradually increase your activity
- No heavy lifting (>10lbs)
- Use your knees when bending (try to avoid straining that may increase head pressure)
- Do not drive until you have been clinically cleared by your surgeon.
- Sleep with your head propped up, using two to three pillows
- Get 6 to 8 hours of sleep each night
- Do not strain to have a bowel movement
- You may shower daily
- You may wash your hair with mild shampoo, gently washing the incision site. Pat the area dry, ***Do not rub***
- Do not drink alcohol
- Do not take aspirin or ibuprofen unless your physician approves
- No contact sports

#### **Incision Care:**

- Keep the incision site clean and dry
- Do not apply creams, powders, ointments, sprays or lotions on or near your incision
- Dermabond (sterile super glue) is often used on the incision. This adhesive barrier will begin to peel off after 2 weeks. Do not pick at the incision in an attempt to remove the adhesive
- If you have skin staples these will be removed by your surgeon on your post- operative visit

#### **Symptoms to report to your doctor:**

- Call your surgeon immediately if you notice any of the following:
  - Incision hot to touch
  - Increased redness, drainage, odor from your incision
  - Swelling of your face or scalp

- Temperature of **101.5** degrees or greater
- Severe headache
- Sensitivity to light
- Numbness, tingling or weakness of your face, arms or legs
- Seizure activity
- Nausea and/or vomiting
- Double vision, blurred vision or loss of vision (partial or full)
- Confusion, lethargy or difficulty speaking

### **Medications:**

- Do not take aspirin or ibuprofen unless approved by your surgeon
- Prescribed medications should be taken as ordered
- Narcotics can cause slowing of gastrointestinal motility and lead to upset stomach and constipation. While taking narcotics drink 6 to 8 glasses of water a day.
- While taking narcotics an over the counter stool softener is advised (e.g., Colace or Milk of Magnesia)
- Do not drive until you have been medically cleared by your surgeon. Two to four weeks is the average time frame however this depends on the complexity of your surgery

### **Diet:**

- Resume a normal well balanced diet as tolerated and as previously recommended by your medical doctor

### **Follow Up Appointment:**

- Call your surgeon's office the first business day after discharge from the hospital to make your post-operative appointment (within 7 to 10 days)
- Please do not hesitate to contact us with any questions or concern
- 609-890-3400