

NEUROLOGICAL SURGERY ASSOCIATES, P.C.
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HEAD AND BRAIN SURGERY

SURGICAL LESIONS OF THE HEAD AND BRAIN:

You have been diagnosed with a condition requiring surgical intervention. Your doctor has explained to you your specific diagnosis, possible causes and treatment options.

WHAT IS THE PROCEDURE?

Surgery involves putting you to sleep under general anesthesia. Depending on the area of your particular abnormality, your head may be totally or partially shaved. An incision will be made in a fashion described to you by your doctor. Your surgery will last several hours, and you will then be monitored in the recovery room before being transferred to the intensive care unit. Your incision will be closed in multiple layers, with staples or sutures applied to the skin. A dressing will be applied. Your hospital stay may last up to seven days. This will be determined by your specific diagnosis and post operative progress.

PRE-OPERATIVE INSTRUCTIONS:

Your admission will be registered with the hospital by our office. We will contact your insurance company for pre-certification requirements. **You will be responsible for inquiring whether a second surgical opinion is required by your insurance.**

The evening before your surgery-

DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT. This includes **gum, mints, cigarettes and your morning coffee.** The anesthesiologist will not administer anesthesia if you have had anything by mouth after midnight, and your surgery will have to be postponed. If you are on any medications, please check with us to see whether or not you should take them the morning of surgery. If you are on any steroids or any blood thinners (aspirin, Coumadin, Advil, Ibuprofen, Aleve, BC or Goodys powders, etc) these must be discontinued one week prior to surgery. Steroids must be discontinued in tapering doses. If you are not sure about your medication, please contact our office. Please notify our office if your medical condition has changed since your last office visit or if you develop a fever, rash, vomiting, diarrhea or productive cough.

The morning of your surgery-

Don't eat or drink anything!! Don't wear makeup, contact lenses, wigs, hairpins, etc. Leave all jewelry and valuables at home. Please remove any body piercing and dark finger nail polish. **Arrive promptly at your scheduled time. If you are late, your surgery may have to be canceled or delayed.** Bring your daily medications with you or bring a list that includes name of medication, dosage and when you take them. If you have a living will, please bring a copy to go with your chart. You will be given a hospital gown to change into, however, after surgery you may change into your own pajamas or clothes once you are transferred to the floor.

LAB WORK:

Each patient undergoing a surgical procedure is required to have pre-operative lab work including an HIV screen (AIDS test) and hepatitis profile drawn before surgery. This must be done at least one week before surgery but no more than two weeks. If your surgery is scheduled at Brookwood Medical Center, please call (205) 877-1980 to schedule your preadmit testing. You will need to bring your driver's license and insurance card at the time of your bloodwork as well. **Please have your advance testing done between _____.** **This is done at Preadmission Testing on the 1st floor of the hospital.**

RECOVERY:

Once your surgery is finished, you will be moved to the recovery room and/or the intensive care unit. During this time you will be closely monitored. Friends/family may visit during scheduled visiting times while in the ICU. Please limit visitors to two at a time. Usually one to two days after your surgery you will be transferred to a nursing unit where your family/friends can spend more time with you. You still need your rest, however, so limit the number of visitors while you are in the hospital.

DRESSING CARE:

Your incision will be covered with either a local dressing or a head wrap. You should not get the dressing wet, therefore, sponge bathe until you come back to the office. If the original dressing should come off, or your skin becomes irritated from the tape, apply a new dressing. The dressing and staples /sutures will be removed at your post-op office visit, approximately 9-14 days after surgery. The area of incision will not have a dressing on it after this visit. You may want to bring a hat or scarf with you on this visit. It is normal for your incision to be sensitive for a few days. If you notice any excessive redness or discharge, or if you have a fever of 102 or higher, please call the office..

LEAVING THE HOSPITAL:

Upon discharge from the hospital you will be given an appointment for staple/suture removal 9-14 days following surgery as well as post-operative instructions. Any necessary prescription(s) will also be given to you upon discharge. You need to make arrangements for transportation home as you will not be allowed to drive yourself.

RETURN TO DAILY ACTIVITIES:

For about the first week following surgery, you will need to rest and do as little activity as possible. As already mentioned, you will probably have some pain and headache, which should resolve over time. During your second post op week, you will be able to take short walks, go out to eat, go shopping. Do not do any strenuous activities including lifting, stretching, bending, pushing or pulling. Gradually, over the next couple of weeks you will be able

to progressively increase your activities. Use the following as a guideline:

- 1) **Driving.** You may drive approximately 3-4 weeks after surgery, when approved by your doctor. You should not plan to travel for long distances for at least a month after surgery. If you have had seizures prior to or after surgery, you may not be able to drive for several months. Please check with your doctor.
- 2) **Working.** If you have a manual labor type job, you should not plan to return to work for 4-6 weeks following surgery. At your 4-6week return office visit, the doctor will assess you and determine at what point you may return to work. If you have a predominantly sedentary job, you can plan to return to work in a part-time capacity after three weeks, if approved by your doctor. Caution and common sense should be used to determine whether or not you should engage in any activity.
- 3) **Sexual Activity.** You should abstain from sexual activity for at least 2 weeks following surgery. You may resume your normal sexual activities as you feel able.
- 4) **Exercising.** Resuming exercise should be done carefully. Do not exercise during the first week after surgery. You may resume a walking activity after one week following surgery if it is comfortable for you to do so. Do not participate in any aerobic-type activity (including tennis and golf), or contact sports for three months following surgery.

PRE AND POST OPERATIVE QUESTIONS: If you have further questions regarding your scheduled procedure, please contact our office Monday through Thursday between 8:00 a.m. and 4:00 p.m. and Friday from 8:00 a.m. to 12:00 p.m. If the questions are regarding the scheduling of your procedure, date and time, insurance precertification or scheduling of preadmit testing, please request to speak with or leave a message for Julie. If your questions pertain to medical information or medications, please request to speak with or leave a message for Dr. Swaid's S.A., Kristi at (205) 949-1800.

THIS INFORMATION SHOULD BE USED AS A GENERAL INFORMATION SHEET ONLY AND SHOULD NOT BE USED IN LIEU OF MEDICAL TREATMENT. AS INDIVIDUAL CONDITIONS VARY, ALWAYS CONTACT YOUR DOCTOR REGARDING YOUR HEALTH CARE.