



NEUROSURGICAL ASSOCIATES, LTD.

PEDIATRIC CRANIAL (BRAIN) SURGERY POST-OPERATIVE INSTRUCTIONS AND RECOMMENDATIONS

General Information:

Our telephone hours are 9:00 a.m. to 4:30 p.m. If you are experiencing difficulties or have questions, please call during business hours.

Cranial incisions may vary in appearance and may be slightly red, and swollen. Call our office if your child has increased redness, swelling, any drainage, your child's incision becomes more painful or if you should develop a fever greater than 101.0 that lasts longer than two hours.

Fatigue is very common after surgery and may persist for one to two months.

If you have not scheduled your post-operative appointment yet, please call our office to schedule it at 612-871-7278.

Pain and pain medications:

Neurosurgical Associates strives to make your child's recovery as comfortable as possible. Following surgery, your child may be sent home with pain medication or other medications such as a steroid or seizure medication. It is important to for your child to take your prescriptions as prescribed. If you feel that your child's pain is not well controlled, call our office during business hours to talk to our providers. Do not have your child take medication more often than prescribed. **Do not** suddenly stop taking medication used for seizures unless directed by your child's provider.

Some medications may be phoned to your pharmacy and some cannot. Narcotic prescriptions cannot be phoned in and will either be given to you in clinic, mailed to your pharmacy or you may pick up the written prescription at our office. We will not mail any prescriptions to your home. Please plan appropriately if you choose to have your child's prescription mailed to your pharmacy. We require at least two business days' notice to refill any prescription. If someone will be picking up your child's prescriptions, we must be informed who will be coming in advance. In addition, that person must present photo I.D. before picking up your child's written prescription. **We do not refill or prescribe any medications after hours or on the weekends.**

Nausea is a common side affect of pain medications. We recommend that you take your child take pain medication with food.

You can use ice to areas of pain as needed, 20 minutes at a time. Changing positions after a period of time may also help.

Bowel care:

Constipation is common following a surgery due to decreased fluid intake, pain medications and inactivity. Your child should drink plenty of fluid and eat high fiber foods during their recovery. Excessive milk products such as cheese, yogurt and milk may contribute to constipation. Getting up and moving after surgery will help keep your child's bowels moving. If it has been several days since your child had a bowel movement after surgery, we recommend prune juice, over-the-counter stool softeners or suppositories until your child's bowels become more regular.

Driving:

If applicable and your child is a licensed driver, we recommend no driving until your child has been cleared by our providers.

School/Daycare

Your child may not attend school or daycare until cleared by their provider.

Activity

Resume activities gradually. Do not over exert your child.

Your child is encouraged to walk. Start with short walks 5-10 minutes at a time 4-5 times per day and increase as tolerated. Some days your child will have more energy than others. This is normal. Your child may climb stairs as tolerated; we recommend your child use the railing.

Your child should not lift or carry anything heavier than 10 pounds, which is approximately equal to one gallon of milk. No housework, vacuuming, laundry, leaf raking, lawn mowing or snow shoveling. Your child should not bend their head lower than their heart.

Shower/Bathing:

If your child's incision is closed with glue, your child may get the incision wet, but do not rub on the incision or soak in a tub or whirlpool until seen in clinic.

If your child's incision is closed with staples or sutures, your child may shower at three (3) days post-operatively, if open areas or drainage are NOT present. Do not rub on the incision or soak in a tub or whirlpool until seen in clinic.

Do not take baths, swim in lakes or use hot tubs or pools until evaluated and cleared in clinic.

Do not use lotions, gels or ointments on the incision until it is fully healed.

Nutrition:

Your child's diet restrictions will not change with your surgery. Please have your child eat plenty of high fiber foods and drink plenty of fluids.

Smoking:

For proper healing, it is highly recommended and often required that you stop using all tobacco products. This includes smoking, chewing, nicotine gum and nicotine patches.

Call our office during business hours if the following occurs:

- Any drainage from your child's incision
- Increased pain, redness or swelling of child's incision
- Temperature greater than 101.0
- New leg pain or swelling
- New unrelieved headaches
- New changes from your child's baseline – vision, movement, sedation or increased confusion. Your child's family may notice these changes before your child.
- Seizure activity
- Decreased appetite or poor oral intake

If you experience any of the following, please proceed to Children's Hospital Emergency Room or the nearest Emergency Room:

- Respiratory distress
- Sudden decline in neurological status warranting evaluation
- Uncontrollable pain warranting further evaluation