



SPINE & NEUROSURGERY ASSOCIATES

A Medical Corporation

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Discharge Instructions after Brain Surgery

1. Get plenty of rest each day. It is natural to become easily fatigued during your recovery so you may wish to rest in the afternoon.
2. Avoid heavy exercise, lifting over 20 lbs., bending, twisting, or stooping.
3. **DO NOT DRIVE UNLESS CLEARED TO DO SO BY YOUR PHYSICIAN.**
4. Contact us should you develop **fever, wound redness, discharge** from your incision, **worsening headache, increased drowsiness, increased confusion, nausea, vomiting, stiff neck, double vision, seizures, weakness of one side, or worsening speech.**
5. Keep wound clean and dry and change dressing if stained.
6. **DO NOT** stop any seizure medications unless advised by your doctor.
7. Allow **72 HOURS** for renewal of all prescribed medications before you run out.
8. **Do not** shower until the 5th day after surgery. **Do not** use hair dyes or chemicals for 6 weeks.
9. Call our office to set up a follow up appointment if you do not have one already scheduled. A visit for a wound check is routinely done **7 – 14 days** after surgery. Contact our office at (916) 771-3300 if you have any questions.