

## Discharge Instructions After Craniotomy

**Mark Bryniarski, M.D.**  
**Presbyterian Neurosurgery**  
**201 Cedar St SE**  
**Suite 5630**  
**Albuquerque NM 87106**  
**Phone: 505-563-6399**  
**Fax: 505-563-6680**

1. Take it easy for the first several weeks. You will tire more easily. Depression is not uncommon during this time. Most people eventually return to normal activities.
2. Avoid vigorous exercise such as: running, aerobics, weight-training, swimming, heavy lifting, bending quickly from the waist.
3. Walking is a good form of exercise. Begin with short walks and gradually increase your distance.
4. You may have trouble sleeping. This is best resolved by avoiding long naps during the day. When you need a nap, aim for after lunchtime, and no longer than 30 minutes. Fresh air and walking after dinner may help. Benadryl can be helpful if these methods are not working (it is found in Tylenol PM).
5. Headache may be common for several months. You will be given a prescription for pain medication. Remember that narcotics may make you constipated, and you may need a stool softener. Eventually, Tylenol should manage your pain.
6. If you have been given a prescription for an anticonvulsant (to prevent seizures), be sure to take the medication as ordered. Common side effects of this type of medication include: raised, itchy rash on the arms, legs, or trunk; unsteadiness; blurred vision. Please, call our office if you are bothered by any of these.
7. Check with our office before drinking any alcoholic beverages. Alcohol may increase your risk of having a seizure.
8. Call our office if you have had: a seizure, unusual sleepiness, headaches not controlled by pain medication, vomiting, fever > 101 F, or problems with medicine.
9. You may notice some changes in your vision. This usually improves with time.
10. Do not drive or return to work until cleared by Dr. Bryniarski.
11. Dressing usually comes down about 48 hours after surgery. Keep incision clean, open to air, and do not put any products on it. You may shower about 72 hours after surgery. Do not bathe. Use baby shampoo. Do not brush your hair over your incision.
12. You will have staples or sutures along your incision line. They need to be removed in 7 - 10 days after surgery. You will be seen in our office by Dr. Bryniarski's assistant for staples (or suture) removal and wound check. If you don't have an appointment prior to leaving the hospital, please call our office. Please, notify our office if you notice any drainage from the incision, redness, swelling, severe tenderness.
13. On occasions, incisions on the head are closed with subcuticular stitches which are buried under the skin. Incision is then covered by small pieces of tape called "steri-strips" or skin glue called "Dermabond". Let strips fall off naturally. If they remain on after two weeks, they may be removed by yourself or a family member. Skin glue will flake off on its own.
14. You will be seen by Dr. Bryniarski in his office usually about three weeks after surgery. If you don't have an appointment prior to leaving the hospital, please call our office. You may also require to have a post-op scan (CT or MRI) which will be arranged by Dr. Bryniarski's assistant who will call you with the appointment.