

Neurosurgical Clinic

JAMALTAHAM.D.

PATIENT DISCHARGE INSTRUCTIONS

Craniotomy Surgery

Dear Patient:

The following instruction will help you in your recovery from your surgery. These are general guidelines only.

1. Driving is not permitted after surgery until you are released to do so by Dr. Taha. Avoid long car trips and stop frequently to get out of the car and walk.
2. Walking is allowed. Gradually increase the distance each time you walk. Walking, however, should be the only physical exercise attempted until after your follow-up appointment with Dr. Taha. Walking up and down stairs is allowed.
3. Avoid exertion, heat, stress or fatigue. These may increase your risk of seizures.
4. Avoid lifting anything greater than 10 pounds.
5. Housework is not permitted (this includes using the vacuum, ironing, loading and unloading the dishwasher, washer or dryer).
6. There are no dietary restrictions, except to avoid alcoholic beverages.
7. You may shower/bathe and wash your scalp four days after your surgery, unless otherwise directed by Dr. Taha. If you have steri-strips in place over your incision, just shower and pat them dry. If sutures or staples remain in place when you go home, they need to be removed. Please make sure your follow-up visit has been scheduled for two weeks after your surgery.
8. Headaches are expected. Take the pain medication prescribed to maintain your comfort.
9. You may be put on anticonvulsants on a temporary basis, so be aware of side effects such as drowsiness or rashes. If you experience side effects, call Dr. Taha's office at (937) 299-8242. You may need to have blood drawn to determine the amount of the drug in your body. Dr. Taha will instruct you regarding this.
10. You may have an increased risk of having a seizure after surgery. Avoid driving, swimming, high altitude, and any situation where you are left alone, until instructed by Dr. Taha.

These instructions have been designed to aid you in making a full and uncomplicated recovery. We ask you to follow these rules until you are seen in office. At that time we will be able to evaluate your progress and advise you on further instructions. If you have any questions, please call Dr. Taha's office at (937) 299-8242.