



VANCOUVER ISLAND
NEUROSURGICAL FOUNDATION

My Transphenoidal Surgery

The Surgery Team has prepared this insert containing discharge information to help you and your family after surgery. It has information about what you can do after your surgery.

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Discharge Instructions – Transphenoidal Surgery Patients

What can I eat and drink after my operation?

- After your surgery you might not be hungry and a large meal may not sit well in your stomach. Try eating small meals until your appetite improves and then eat what you normally would eat.
- If you feel sick to your stomach you can get anti-nausea medication from your pharmacy without a prescription (i.e. Gravol). Take it as directed and drink fluids until the nausea is gone. If the nausea continues, see your family doctor.

What activities can I do?

- Avoid lifting more than about 4.5 kg (10 lb).
- You can start being active by walking around your house. You may experience some mild headache or dizziness but this is normal and will gradually go away.
- During the day, avoid lying in bed or sitting for long periods of time by getting up every 30-60 minutes to walk.
- Stop playing sports, including walking on a treadmill or using a stationary bicycle until you have seen your surgeon at your follow up appointment in 6-8 weeks.
- At your follow up appointment, your surgeon will let you know when you can return to sports and work.

When can I drive?

- There are no restrictions and you may resume driving when it is safe.
- You will not be able to drive right after your surgery. Check with your nurse before you go home from the hospital for more advice. You should not drive if you are tired, on narcotics, or if you have problems with your vision.

How do I take care of my nose?

- Do not blow your nose, sneeze or cough for at least 4 weeks.
- The surgical incision in your nose is very weak and blowing your nose will prevent it from healing.
- If you blow your nose or sneeze or cough too much, the fluid surrounding the brain (cerebrospinal fluid) may leak out.
- If you have a stuffy nose, use a gentle saline mist spray two to three times per day. You can buy the spray at a pharmacy without a prescription.

How do I cope with my pain?

- A mild headache is normal; you can take Tylenol Extra Strength 1 - 2 tablets every 4 - 6 hours as needed.

- If you are given a prescription, take it to a pharmacy to get it filled and follow the directions for taking the medication.
- Take a stool softener every day while you are taking narcotics. If you have not had a bowel movement after 2 days, take a laxative which you can get from a pharmacy without a prescription.
- It is normal to have some pain after your surgery but the pain should get better with time.
- You can ask your family doctor to prescribe a milder pain medication and to assist you in weaning off your pain medication. It is better to slowly reduce the medication over time rather than stopping it suddenly.

What about other medications?

- If you were on blood thinners and stopped taking them for your surgery, speak to your surgical team about when to restart them.
- If you have been given a prescription, take it to get filled at a pharmacy and take the medications as instructed by the pharmacist.
- Continue with any other medications you were on before surgery.
- If you have any questions about medications or dosages, have them answered by your nurse or surgical team before leaving the hospital.

When can I return to work?

- Before you leave hospital, talk to your surgeon about when you may be able to go back to work. A graduated return to work may be best in some cases.
- At your follow up appointment, your surgeon may confirm that you can return to work.

When should I call my family doctor?

- Call your family doctor to renew or change your pain medication prescription or to talk about any other health issues.

What should I do if I develop a problem?

- Go to Victoria General Hospital's Emergency Department (preferred) or the nearest hospital emergency department, if you have:
 - A decreased level of consciousness
 - Severe headache not helped by Tylenol
 - Clear fluid leaking from your nose
 - A nosebleed that's not stopping on its own.
 - Any worsening of your vision or onset of blindness.
 - Continuous vomiting
 - Seizures
 - Fever (>38°C)
 - If you notice increased swelling with pain in your legs, or difficulty breathing.

When is my follow-up appointment?

- Call your surgeon's office (Phone: 250-383-3638 ext 2) below to make an appointment for 6-8 weeks after your surgery.

Location: 2nd Floor of The CBI Health Centre at 605 Discovery Street, Victoria, B.C. V8T 5G4

Phone: 250-383-3638 ext 2

Fax: 250-383-3053

Date: _____

Time: _____

Surgeon:

- Dr. Ian Fleetwood
- Dr. Evan Frangou
- Dr. Stephen Hentschel
- Dr. Richard Reid
- Dr. Daniel Warren
- Dr. John Sun

Special instructions for me:

For Dr. John Sun:

His office will contact you within 2-3 weeks of discharge.

Location: 3960 Quadra St #106, Victoria, BC V8X 4A3

Phone: 250.391.7850

For more information visit our website: www.vinf.ca