



J. Michael Desaloms, M.D.

Post-Operative Instructions for Patients after DBS Surgery

Post-Op Pain/Medications

- DBS surgery is followed by a mild amount of pain and swelling at the surgical sites. You will be given an oral pain medication upon discharge from the hospital to use, if needed. Taper off this and switch to over the counter medication as soon as possible. This medication can cause confusion, constipation, nausea or a rash. If any of these occur, stop taking the medication. Call our office for another prescription if needed.
- If you are having trouble with constipation due to pain medicine and inactivity, Senakot, Dulcolax, Magnesium Citrate and Fleets Enemas can be purchased over the counter at your local drug store. Consult your pharmacist.
- Resume the medications prescribed by your neurologist for your movement disorder the same way as you did before surgery, unless otherwise instructed.
- If you are asked to stop blood thinners such as aspirin or Plavix, you may restart 7 days after surgery.

Wound Care

- Your wound should stay covered with the surgical dressing for 72 hours after surgery. After 72 hours, you may remove the original dressing and leave the wound open to the air. If you prefer, you can apply a nonadhesive bandage over the wound as well.
- Do not apply any ointment or creams to the incision. You may shower but should not submerge your head under water.
- Do not go swimming or bathe in a hot tub. Never scratch, touch or put any pressure on the incision.
- You may use a shower cap while in the shower – do not get incision wet until first office visit.
- Be sure pillows, sheets, and bedding are clean. Do not wear hats or wigs. Wash hands after handling pets.
- Please call your surgeon's office if there are questions or concerns about your wound or if there is redness, drainage, breakdown, a fever of 100 degrees, or higher or other signs of infection.
- Staples will be removed at your first post op visit and you'll also be instructed on when to wash your hair at that time as well.

Activity & Diet

- Do not lift objects that weigh more than 15 lbs for the first 2 weeks after surgery. The amount of activity you may perform after the first 2 weeks is largely individual and difficult to generalize. Let your comfort level and common sense be your guide. You can increase your diet as tolerated.

Microlesion Effect

- Sometimes there is a "honeymoon" period following electrode implantation but before the battery is activated – during this period, some of your symptoms may be much better even though the DBS has not been connected or turned on yet. This will fade away and you can expect to return back to your previous level of function.

Hair Care

- NO hair coloring or perm solutions can be used until 6 weeks after surgery.
- NO haircuts with clippers for 6 weeks following surgery.

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Driving

- Do not drive for 4 weeks following surgery. If you were driving before surgery, you may return driving if a family member checks your driving skills.

Flights

- Wait 6 weeks from surgery.

Follow-up Appointment

- Dr. Desaloms and Ryan D’Cunha, PA, will see you 10-14 days after your surgery to check wound healing, remove staples, and arrange any further post-operative care visits that might be necessary. Make a list of questions to be answered during the visit.
- Your DBS will be activated by your Neurologist approximately 3-4 weeks after your surgery. Please be sure to contact his/her office to schedule an appointment.

**PLEASE CALL LATONYA, MEDICAL ASSISTANT TO DR. J. MICHAEL DESALOMS
IF YOU HAVE ANY QUESTION OR CONCERNS**

214-445-6960 DIRECT OR 214-750-3646 MAIN