



**Krishna Satyan, M.D.**

## **Craniotomy Post- Operative Instructions**

### **General Instructions**

- In general, the length of hospital stay varies between 2-7 days and full recovery may take 6- 12 weeks so have patience.
- No getting incision wet for 1<sup>st</sup> 2days. May shower on post-op day 3. No tubs/ soaking.
- Like any major surgery, it will take your body time to recover from this procedure so make sure go get plenty of rest.
- Please make sure you have a family member/friend stay with you at home 48 hours post-operatively to monitor you for any changes.
- Avoid keeping the head of your bed flat. Use extra pillows while sleeping. No sofas or recliners for the first 2 weeks post-operatively.
- No lifting, this will crease your intracranial pressure and can cause complications. No big bending.
- Absolutely no alcoholic beverages. These will make you more likely to develop a seizure.
- If craniotomy was because of a brain tumor or mass, radiation oncology and neuro-oncology consults and appointments will be needed.
- Make sure you have your post-operative clinic appointment scheduled (typically 2 weeks post-operative). Call clinic to verify date and time.
- Ambulate as much as tolerate or able.

### **Call Our office if you have:**

- Fever of 101.5 degrees or higher
- Unrelieved nausea or vomiting
- Difficulty breathing or chest pain
- Postural headache or any new headache
- A sudden increase in severe pain, numbness or weakness
- Loss of bowel or bladder control
- Drainage from incision (other than occasional spotting of blood)
- Acute changes in the level consciousness (increased confusion, memory loss, speech abnormalities)
- Any change in hearing or vision
- New onset of seizures
- If the office is closed and you cannot reach an On-Call Physician, go to the nearest Emergency Room for evaluation.

### **Medication**

**Steroids:** These will be given to you to decrease post-operative brain swelling and will be tapered by physician. These medications might elevate your blood sugar so be cautious and check your blood sugar regularly if you a diabetic. Increased blood glucose will increase brain swelling.



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**Craniotomy Post- Operative Instructions (cont.)**

Antiseizure Medicine: These medicines (Dilantin, Phenobarb, Tegretol, Depakote, Keppra) will decrease your chance of post-operative seizures. Please take as directed.

**Activity**

**1<sup>st</sup> Week Post- Operative:**

- Get lots of sleep, your body will need it to recover quicker.
- No lifting or straining.
- Use skin sensitive shampoo like “baby shampoo” until incision is well healed.
- You may ride as a passenger in a vehicle but no driving.
- Early ambulation is encouraged to decrease your risk of increased risk of blood clots and pneumonia. Start off with 1-2 blocks a day and increase as tolerated.
- No sexual activity.

**2<sup>nd</sup> Week Post-Operative:**

- Make sure to attend post-operative visit for suture/staple removal and evaluation.
- Increase ambulation daily as tolerated.
- No driving, but may ride as passenger.
- May climb stairs with assistance and not symptomatic.
- Try to wean narcotic medication and replace with non-narcotic pain medication.
- No sexual activity.

**3<sup>rd</sup> Week Post-Operative:**

- Continue to increase activity and are allowed to perform basic tasks.
- May resume sexual activity if not symptomatic.

**4<sup>th</sup> Week Post-Operative:**

- Increase activity as tolerated.
- May return to work if OK with Dr. Satyan.
- OK to drive when directed by Dr. Satyan.

**Please call our office if you have any questions or concerns:  
214-750-3646**