



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 medication prescribed by your Neurologist for your movement disorder in 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 these 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 non-adhesive bandage over the wound as well.
- Do not apply any ointment of cream to the incision.
- You may use a shower cap while in the shower but do not get the incision wet until after your first post-operative office visit. You may shower but do 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.
- Be sure pillows, sheets and bedding are clean. Do not wear hats or wigs. Wash hands after handling pets.
- Please call your surgeons office if you have any questions or concerns about your wound or if there is redness, drainage, breakdown, a fever of 101°F or higher or any other signs of infection.
- Staples will be removed at your first post-operative visit and it at this time, you will be instructed on when to wash your hair.

Activity and Diet

Do not lift objects that weigh more than 15 pounds 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.



J. Michael Desaloms, M.D.

Post-Operative Instructions for Patients after DBS Surgery (cont.)

Driving

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

Flights

Wait 6 weeks following surgery before taking any flights.

Follow-Up Appointment

- Dr. Desaloms and Stefani Taylor, NP, 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. Please make a list of any questions you have that they can answer during this visit.
- Your DBS will be activated by your Neurologist approximately 3-4 weeks after your surgery. Please be sure to contact their office to schedule an appointment.

Contact Numbers

Office: 214-750-3646

MA: Jessica Womble 214-445-6960

Appointments: Eve Freeman 214-445-6921