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**Post Operative Instructions: Brain**

ACTIVITY:

1. No heavy lifting for one (1) month.
2. No vigorous activity such as sports, heavy housework or yard work for one (1) month.
3. No driving until after you see your surgeon again.
4. Make sure you rest frequently during the day.
5. No straining with coughing, sneezing, or while moving bowels.

SHOWERING:

1. You may shower or bathe as usual. Do not scrub over the suture/staple line.

MEDICATIONS:

1. Take the prescribed pills as directed. DO NOT discontinue steroids unless your physician has told you to.

INCISION CARE:

1. If you have metal staples they will need to be removed in one (1) to two (2) weeks.
2. It is best to leave the incision uncovered. But, it may be covered lightly with a dry, sterile bandage for your comfort. Also, you may wear a scarf or hat for cosmetic reasons.
3. If you wear glasses and the incision is near your ear, you may cushion the end of the bow of the glasses with a dry gauze bandage, or you can take the bow piece off your glasses.
4. Call the surgeon's office if there is any redness or drainage from your incision.

FOLLOW-UP:

1. You have an appointment scheduled with your surgeon as previously arranged at the Vernon Medical Building office.