



POSTOP CARE
AFTER

***BRAIN TUMOUR
SURGERY***

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WOUND

- **You can shower but keep the head dry and do not swim for at least 3 months, or take a bath for 6 weeks after surgery**
- Do not put any creams on the wound
- You may shower 2 days after the sutures are removed. Pat the wound dry and do not scrub

MEDICATIONS

- You may be on **dilantin or tegretol** to stop you having seizures. Take this medication the same time every day and make sure you get a blood test once a month by your GP. Do not drink on dilantin and if you get a rash let us or your GP know. **Don't get pregnant on these pills!**
- If you are on **dexamethasone** this is usually stopped once your radiotherapy is ceased. Make sure your GP/doctors know how much you are taking. Take **Zantac** with it to stop you getting stomach acidity.

ALCOHOL

- **Avoid alcohol** for at least 6 weeks after surgery. If you are on dilantin be aware that one drink will be more potent. If you drink take care.

DRIVING

- **Try not to drive for 6 weeks after surgery.** If you had a seizure at any time, vision problems or arm/leg weakness after surgery talk to your neurosurgeon before driving

RETURN TO WORK

- It is best you take 4 weeks off from work after surgery.
- Light desk work can be commenced after this time. Make sure your computer monitor is at eye level (put some books under it to lift it up)

- Wait until seen at 6 weeks before planning anything more strenuous than this

PAIN RELIEF

- Tylenol (#1,2 or 3), Percocet or Vicodin can be taken for wound pain after surgery.
- **Do not take any anti-inflammatories (e.g. Voltaren, Mobic), aspirin or smoke after surgery**

FOLLOW-UP

- **You need to see your neurosurgeon 2 weeks after surgery**

WHAT TO WATCH FOR

- If the wound becomes excessively red, swollen or painful or develops a discharge, or you have questions, contact your neurosurgeon at his office or go to the ER
- New headaches, weakness, drowsiness, vomiting etc. needs to be reported to Your neurosurgeon
- If it is an emergency and you cannot contact anyone come to the Emergency Room
- **Constipation on pain pills is common- take fiber or over the counter stool softeners/laxatives. Your pharmacist can guide you**