

# **Duke Neurosurgery Discharge Instructions**

These are instructions for your care following:

# Pituitary Surgery with Dr. Grossi

## Diet:

- You may resume your normal diet, although you may be more comfortable at first eating softer foods such as mashed potatoes and ice cream.
- You can help avoid constipation by eating a balanced diet including: fruits, vegetables, and whole grains (like multi-grain bread, cereals, and bran muffins).
- You should drink plenty of fluids.

#### **Activity:**

- Walk at least three times a day and gradually increase your distance and light activities each day.
- Do not exercise other than walking until after your first 6 week office visit.
- Do not return to the gym, play golf, swim, run, mow grass until 3 months after surgery.
- Avoid exercises like aerobics, heavy house cleaning and lifting over 5-10 pounds (a gallon of milk weighs 8.5 pounds).
- Try to not sneeze, and do not blow your nose for 4 weeks.
- Use your incentive spirometer 10 times every hour that you are awake.
- Do not drive if you are taking pain medications, muscle relaxants, or if you are in pain.
- You may resume sexual activity when this is comfortable for you.
- You can return to work when you feel ready. However, you must stay within the 5-10 pound weight lifting restriction half days might be better at first.

## Nose Care:

- Try to not sneeze, and do not blow your nose for 4 weeks.
- You use Saline nasal spay as often as necessary to keep you nostrils moist
- You may use Afrin Nasal spray twice a day to decrease the small amount of bloody mucus drainage from your nose.
- You may shower two days after surgery, but do not submerge your head in a bathtub or pool for 4 weeks.

## Pain/ Post operative symptoms:

- You may have some pain and irritation in your nose for several weeks. This is normal and will improve with time.
- You may have headaches from swelling over the next 2 weeks, these headaches should improve with time.
- Some pain is normal as you resume your daily activities. You will tire more easily for several months after surgery.

## **Medication:**

- Take all of your medications as ordered. You do not have to take pain medication unless it is needed. It is important that you are able to cough, breathe deeply, and be comfortable enough to walk.
- Do not use alcohol while taking pain medication.
- Medications that may be prescribed include:
  - o pain medication such as Percocet or Vicodin
  - o an over the counter stool softener for constipation (try Dulcolax, Milk of Magnesia or Correctal at first and Magnesium Citrate or Fleets enema if needed) anesthesia and pain medication may cause constipation

- o Saline nasal spay as often as necessary to keep you nostrils moist
- Afrin Nasal spray twice a day to decrease the small amount of bloody mucus drainage from your nose.
- o You may be prescribed steroids such as Cortisone you should take these as instructed
- If you were previously taking a medication for decreased pituitary hormones such as: Syntheroid, Testosterone, Cortisone, or DDAVP, continue to take these medications unless told otherwise.
- Notify the office if you need refills before your return appointment.

# **Questions/Concerns:**

Call the doctor at (919) 862-5650 if you have:

- a temperature of 101°F or above
- increased redness, soreness, swelling or foul-smelling drainage from your nose
- inadequate pain relief
- sudden increase in the amount of urination (greater than 20 oz. every 2 hours)
- shortness of breath
- any other concerns

## **Follow Up:**

An appointment has	been made for you in the cli	nic after surgery on	
	at	<del>.</del>	
You may also have a	follow-up appointment with	your endocrinologist.	
Dr	on	at	

Call our office for any concerns you may have at (919) 862-5650