



Inland Neurosurgery Institute

BRAIN, SPINAL, STEREOTACTIC, AND MICRONEUROLOGICAL SURGERY

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Discharge Instructions: Deep Brain Stimulator (DBS) insertion surgery

General:

- Take the pain meds given you by your physician only as needed.
- Don't drive until cleared by your surgeon
- Do not have any dental/surgical procedures 2 weeks before & 2 months after your surgery
- Take stool softeners, lots of fluids, high fiber foods, and fruits/vegetables to prevent constipation.
- Stay mobile by walking (up to 30 minutes at a time)
- Continue taking you Parkinson's or Essential Tremor medications as you did before surgery
- **AVOID:**
 - o Bending over or lifting more than 10-15 pounds
 - o Excessive activity for the first month after surgery
- Follow-up with your surgeon as indicated in your surgery packet.

Wound care:

- Keep head wound dry for 5 days
- Keep chest wound dry for 2 days
- **If the head wound has a dressing, remove it 2 days after surgery (leave the sutures in place)**
- Shower after 2 days but do not take baths or swim; Keep head dry until 5 days after surgery
- After showers, dab wounds dry
- Do not scratch wounds

Notify surgeon:

- If your oral temperature is above 101 F
- If wound is leaking, red, or increasingly swollen
- If headaches worsen, you develop new weakness, or cannot urinate
- If you develop nausea, vomiting, sleepiness, or vision/speaking problems