



Inland Neurosurgery Institute

BRAIN, SPINAL, STEREOTACTIC, AND MICRONEUROLOGICAL SURGERY

255 East Bonita Ave., Building #9, Pomona, CA. 91767

1015 North First Ave, Arcadia, CA 91006

Ph: (909) 450-0369

Fax: (909) 450-0366

INIsurgeons.com

Scott C. Lederhaus, M.D.

Diplomate American Board of Neurological Surgery

Lew B. Disney, M.D., Ph.D.

Fellow Royal College of Surgeons

Jose L. Rodriguez, M.D.

Diplomate American Board of Neurological Surgery

Ramin AmirNovin, M.D.

Diplomate American Board of Neurological Surgery

Aaron Cutler, M.D.

Eligible, American Board of Neurological Surgery

Siraj Gibani, M.D.

Eligible, American Board of Neurological Surgery

Discharge Instructions – Halo

Activity:

- Your clothes should be loose to fit over and around the vest.
- Move slowly & with caution, the halo is top heavy and your balance will be affected.
- Use a pillow behind your back & knees and a rolled towel behind your neck while asleep.
- Due to your limited range of vision, you should not drive or operate any motorized vehicles
- Start slowly but increase your activity at your own pace; begin a walking program

Pin Care:

- Pin sites should be cleaned twice a day using cotton swabs soaked in peroxide. Use a new swab for each pin to avoid moving contamination from one pin site to another.
- Report signs of infections (such as bleeding, oozing, or scabbing) to your physician.
- Be sure to keep the pin site clean and dry at all times.

Daily Care:

- Showers are not permitted because the liner will absorb water and cause skin problems.
- Daily washing under your vest can be accomplished by using a damp cloth.
- Keep the skin under the vest and liner as clean and dry as possible.
- Remove excess oil & keep the skin dry; occasional use of rubbing alcohol is permitted.
- Check the skin under the vest for redness, breakdown, or sores by using a flashlight (do not remove the vest) to view under the vest/liner daily. If irritation exists, report it to your physician.
- Never use lotion, powder, or soap under your vest. This can cause skin irritation.

Call Doctor's Office for:

- Loose pins, nuts, or bolts. Avoid excessive movement until the halo has been tightened.
- Swelling, drainage, or redness of pin sites
- Fever of greater than 101 F degrees
- Increased pain, numbness, or weakness in your arms or legs
- Chest pain or shortness of breath
- Signs of skin breakdown

Shampooing Hair:

- Lie on a flat surface with your head dangling over the edge.
- Protect the halo liner with a towel and gently ease hair through the halo.
- Wash hair normally without bumping the pins.
- Use a pitcher to rinse the hair & hand dry the hair carefully.
- Clean and dry the pin sites after each washing.