



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.

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

Jose L. Rodriguez, M.D.

Ramin AmirNovin, M.D.

Aaron Cutler, M.D.

Siraj Gibani, M.D.

Diplomate American Board of Neurological Surgery

Fellow Royal College of Surgeons

Diplomate American Board of Neurological Surgery

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Eligible, American Board of Neurological Surgery

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Discharge Instructions – Transphenoidal Tumor Resection

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)
- Sleep on 2 pillows for the first month after surgery
- **AVOID:**
 - o Blowing your nose or touching your nose
 - o Clearing your throat or sucking on your throat
 - 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 abdominal wound (if you have one) dry for 2 days
- Shower after 2 days but do not take baths or swim

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
- If lots of clear liquid drips from your nose