

IMPORTANT:

Patients and Caregivers:

For your safety and convenience, the English version of this handout is included at the end of this document. Please print both versions, and take them with you to your clinic or doctor visit. This

MEDICAL CENTER

神经外科手术后

居家自理

本指南提供你在神经外科手术后的居家自理指示。

疼痛控制

- 轻微至中度疼痛，你可以服用非甾体类消炎药(NSAIDs) 如布洛芬 ibuprofen (Advil, Motrin) 或 萘普生 (Aleve, Naprosyn)。请按照瓶子上的剂量指示服用。
- 我们也可能会给你短期的较强的处方止痛药。请根据处方服用此药物。如果你需要补充药物，请联系你的家庭医生。
- 如果你没有进行颅骨切除术（去除骨头），则可以使用冰袋来缓解疼痛。为了保护头皮，请在头皮和冰袋之间放一块干净的毛巾。



手术后应多休息来帮助身体恢复。

洗澡

- 手术后 5 天，保持头部干燥。洗澡时，用浴帽遮住头。
- 5 天后，可以洗头。你可以：
 - 轻轻按摩头皮和切口区域。
 - 使用无添加气味或活性成分的温和肥皂。

伤口护理

- 你的切口将被手术钉或缝合线封口。这些将需要在手术后 14 天去除。这可以由你的家庭医生或神经外科门诊完成。
- 除非你的医生或护士指示，否则无需在伤口上包扎绷带。
- 切口处将会结痂，不要去痂。当你可以洗头的时候，结痂会自行脱落。（详见第一页的“洗澡”）
- 为了预防感染，直到你的切口完全愈合：
 - 不要游泳和把头放进水里。
 - 不要戴帽子或假发。
 - 不要染发或使用吹风机。（手术前可以染发。）

- 每天检查切口。如果有以下情况，请联系门诊：
 - 感染迹象，如发热，难闻的排泌物（流脓），泛红或高烧 101.5°F (38.6°C)
 - 排泌物或肿胀加重。

活动

手术后 2 周：

- 不要弯腰。很重要的是头部不能受任何压力。
- 不能搬任何超过 10 磅的东西。（1 加仑牛奶大概 9 磅重。）
- 大便的时候不能用力。如果你有便秘：
 - 多吃纤维。多吃新鲜的水果和绿色的蔬菜。
 - 多喝液体，每天 6-8 满杯。
- 避免任何加速你的心跳的活动。
- 多散步来加速你的康复。

预期

手术后，出现以下情况是正常的：

- **伤口部位麻木感。**你可能好几个月都无法完全恢复知觉。伤口愈合时你可能会感觉尖锐的疼痛。
- **在长时间平躺后出现浮肿。**你的身体需要时间来吸收导致你浮肿的水分。
- **分泌物。**分泌物应该会减少并在几天后停止。
- **伤口处敏感。**这种情况会持续几周。
- **头痛。**这种情况会持续 1-2 周。

联系

- 如果出现以下情况，请联系门诊：
 - 严重的或不正常的头痛。
 - 躺下时头痛得到缓解。
 - 疲乏（感觉非常的累）。
 - 脖子僵硬。
 - 恶心呕吐。

疑虑?

你的问题很重要。如果你有任何的问题或顾虑请联系你的医生或其他护理人员。

工作日上午 8 点到下午 4 点,
联系海景神经外科门诊
206.744.9300 分机按 2.

下班时间, 周末和假日, 联系
206.744.9300.

- 平衡问题或头晕。
 - 走路困难, 或协调障碍。
 - 视力出现问题。
 - 大小便失控。
 - 性格变化, 混乱或记忆问题。
 - 癫痫
- **立即联系 911。** 如果你有中风症状 (详情请参照下图) 。

中风症状

B	E	F	A	S	T
平衡	眼睛	脸部	手臂	语言	时间
					
平衡问题, 头痛, 头晕	视力模糊	半边面瘫	手臂或腿无力	语言问题	立即拨打 911

用字母 **BE FAST** 来帮助你记住中风症状, 和当出现 1 种以上的症状时该怎么办。

After Your Neurosurgery

Self-care at home

This handout gives self-care instructions for you to follow at home after your neurosurgery.

Pain Control

- For mild to moderate pain, you may take *non-steroidal anti-inflammatory drugs* (NSAIDs) such as ibuprofen (Advil, Motrin) or naproxen (Aleve, Naprosyn). Follow dose instructions on the bottle.
- We may also give you a short-term prescription for stronger pain medicine. **Take this medicine only as prescribed.** If you need refills, talk with your primary care provider (PCP).
- If you did **not** have a *craniectomy* (removal of bone), you may use an ice pack to help with pain. To protect your scalp, place a clean towel between your scalp and the ice pack.



Get plenty of rest while your body heals from surgery.

Showering

- For **5 days** after surgery, keep your head dry. Cover your head with a shower cap when you take a shower.
- After 5 days, it is OK to wash your hair. To do this:
 - Gently massage your scalp and incision area.
 - Use mild soap with **no** added scents or active ingredients.

Incision Care

- Your incision will be closed with staples or *sutures* (stitches). These will need to be removed 14 days after surgery. This can be done by your PCP or at the Neurosurgery Clinic.
- You do not need to put a bandage on your incision, unless your doctor or nurse tells you to.

- Scabs will form along your incision. Do **not** remove the scabs. When it is OK to wash your hair, this will help the scabs fall off by themselves (see “Showering” on page 1).
- To prevent infection, until your incision is well healed:
 - Do **not** go swimming or put your head under water.
 - Do **not** wear hats or wigs.
 - Do **not** use hair dye or hair dryers. (You may use hair dye before surgery.)
- Check your incision every day. Call the clinic if you have:
 - Signs of infection such as heat, bad-smelling drainage (pus), redness, or a fever higher than 101.5°F (38.6°C)
 - Increased drainage or swelling

Activity

For **2 weeks** after your surgery:

- Do **not** bend over at the waist. It is important not to put any pressure on your head.
- Do **not** lift anything that weighs more than 10 pounds. (A gallon of milk weighs almost 9 pounds.)
- Do **not** strain when having a bowel movement. If you have slow bowels or constipation:
 - Eat more fiber. Eat plenty of fresh fruits and green leafy vegetables.
 - Drink lots of fluids, 6 to 8 full glasses a day.
- Avoid doing any activity that increases your heart rate.
- Walk often to speed your recovery.

What to Expect

After this surgery, it is normal to have:

- **Numbness at your incision site.** You may not regain full feeling for many months. You may also have sharp pains as your incision heals.
- **Swelling after you lie flat for long periods.** It will take time for your body to absorb the fluids that cause the swelling.
- **Drainage.** This should lessen and then stop after several days.
- **Tenderness around your incision.** This will last for several weeks.
- **A dull headache.** This will last for 1 to 2 weeks.

Questions?

Your questions are important. Call your doctor or other healthcare provider if you have questions or concerns.

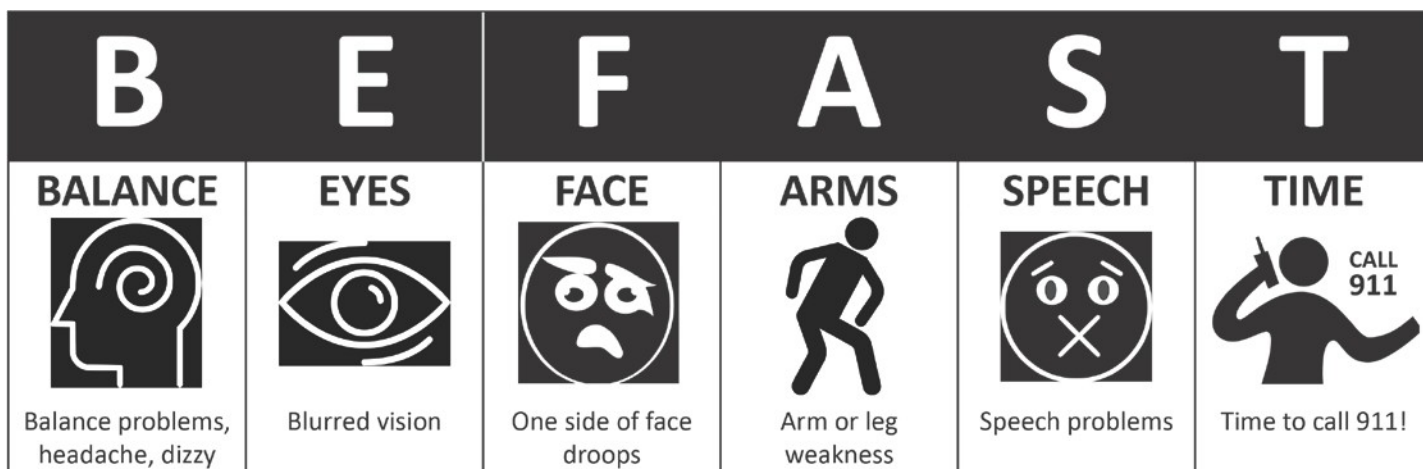
Weekdays 8 a.m. to 4 p.m., call Harborview Neurosurgery Clinic at 206.744.9300 and press 2.

After hours and on weekends and holidays, call 206.744.9300.

When to Call

- Call the clinic if you have:
 - Severe or unusual headache
 - Headache that is better when you lie down
 - Fatigue (feel very tired)
 - A stiff neck
 - Nausea and vomiting
 - Problems with balance or dizziness
 - A hard time walking, or poor coordination
 - Problems with your vision
 - Loss of bowel or bladder control
 - Personality changes, confusion, or memory problems
 - Seizures
- **Call 911 right away** if you have symptoms of a stroke (see graphic below).

Stroke Symptoms



Use the letters **BE FAST** to remember what stroke symptoms look like, and what to do when one or more of these symptoms occur.