

## After Your Neurosurgery Interventional Procedure

### *Care in the hospital and self-care at home*

*This handout explains care after your procedure, including self-care at home and when to call the doctor.*

For your procedure, a long plastic tube (*catheter*) was inserted through an artery in either your groin (*femoral entry*) or your wrist (*radial entry*). Your surgeon has decided which entry point is safest for you.



*Your surgeon will use ultrasound to help place the catheter.*

### **Care After Your Procedure**

Care after your procedure depends on which entry point was used.

#### **For Groin Entry**

##### ***Care in the Hospital***

To prevent bleeding at the procedure site, you must lie flat on your back for 4 to 6 hours. During this time, the nurses will:

- Monitor you closely
- Tilt your bed so you can eat
- Help you change position for better comfort
- Check your vital signs and level of awareness
- Check your puncture site every hour

##### ***Self-care at Home***

- For 48 hours, do **not** take a bath, swim, or cover the puncture site in water.
- For **7 days** after your procedure:
  - Do **not** lift anything that weighs more than 10 pounds (a gallon of milk weighs almost 9 pounds).
  - Do **not** do any deep knee bending.

- Do **not** strain when having a bowel movement.
- Avoid constipation. Drink lots of fluids. Eat plenty of fresh fruits and green leafy vegetables. Use a stool softener, if needed.

## For Radial (Wrist) Entry

### *Care in the Hospital*

- Nurses will closely monitor your puncture site, vital signs, and your level of awareness.
- You will have a tight band around your wrist for 2 hours to prevent bleeding at the puncture site.
- If needed, nurses may place your wrist on an arm board to keep your wrist from bending.

### *Self-care at Home*

- For 48 hours, do **not** take baths or cover the puncture site in water.
- For **6 hours** after your procedure, limit wrist movement in the affected arm.
- For **2 days** after your procedure:
  - Keep your wrist straight
  - Avoid lifting anything that weighs more than 1 pound (a 15 oz. can of beans weighs about 1 pound)
- For **2 days** after your procedure, avoid using the affected arm.

## Recovery At Home

We care about your health. A nurse will call you the day after your procedure to ask how you are doing and answer your questions.

### For Your Safety

Medicine you were given for the procedure can affect your judgment and response time. For **24 hours** after your procedure, do **not**:

- Drink alcohol
- Drive or use machinery
- Sign legal papers or make important decisions
- Care for children, pets, or an adult who needs care

### Self-care

After 24 hours, you may:

- Remove the dressing and take a shower

## 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: 206.744.9300 and press 2 when you hear the recording.

After hours and on weekends and holidays, call 206.744.9300 and you will be given options to be connected with a nurse.

- Resume your usual activities
- Walk often to speed your recovery

### Puncture Site Care

- Keep the puncture site clean and dry.
- Gently clean with mild soap and pat dry.

### Pain Control

For mild to moderate pain, you may take such as ibuprofen (Advil, Motrin), naproxen (Aleve, Naprosyn), or other *non-steroidal anti-inflammatory drugs* (NSAIDs). Follow instructions on the bottle.

### What to Expect

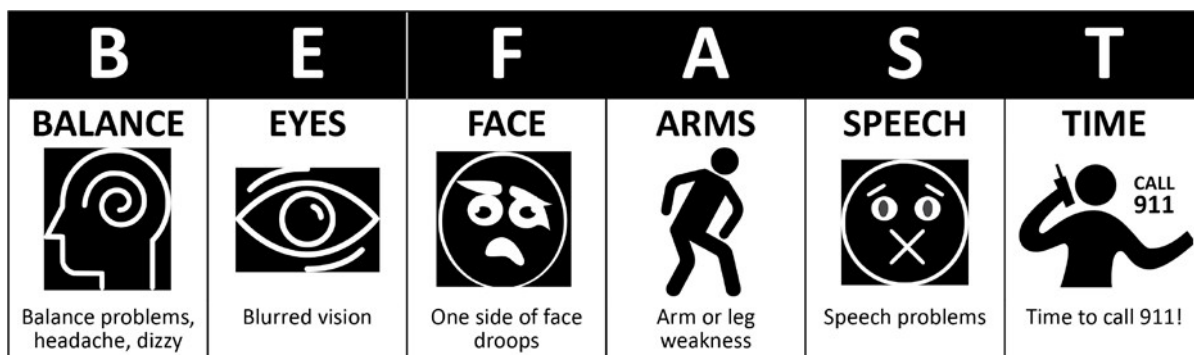
After this procedure, it is normal to have:

- Bruising and tenderness at the entry point. This should go away after a few days.
- Mild, short-term hair loss, caused by the X-rays that were used to guide the catheter during your procedure. Your hair will grow back.
- A dull headache for 1 to 2 weeks.

### When to Call

Call 911 **right away** if you:

- Start to bleed at your incision site. Apply constant pressure while you wait for help to arrive.
- Develop a lump at the entry point that is quickly growing.
- Have symptoms of a stroke (see the “BE FAST” graphic below):
  - Weakness or loss of feeling
  - Problems talking, walking, or seeing
  - Severe headache that starts suddenly



*The letters **BE FAST** tell what stroke symptoms look like, and what to do if symptoms occur.*