

Frequently Asked Questions about your Brain and/or Skull Surgery

1. How do I take care of my surgical incision?

- *Do not put any type of cream or ointment on your incision. It can cause problems with how the incision heals.*
- *Do not put alcohol or hydrogen peroxide on your incision, as it can delay healing and/or increase the size of the scar.*
- *You may shower and wash your hair 48 hours after the surgery. Be sure to dry the area thoroughly.*
- *Wait for your incision to heal completely before going swimming, soaking in a bathtub, jacuzzi, or spa.*
- *Do not apply hair dye or permanent wave solution until after 2 weeks.*

Incision closed with staples or sutures:

- *Return to clinic for removal of staples or sutures within 7 to 10 days from the day of surgery.*
- *If you have dissolvable sutures, they will dissolve by themselves in about 7 to 10 days.*
- *If you see some sutures coming out from underneath your skin incision after your suture/staple removal, please call the office so we may schedule an appointment to evaluate the wound in the clinic.*

2. When can I return to work?

- *Although each patient's condition is unique, it takes an average of 12 weeks for full recovery from the surgery. Depending on the nature of your work, you may be released to return to work as early as 4 weeks after surgery. Please discuss your ability to return to work at your first post op appointment.*

3. When can I continue my activities?

- *Walking daily is a good exercise. Progress your walking on a daily basis. Do not go for long walks without someone going with you the first few times. This is to ensure that should you become tired, someone is with you to help you get home safely.*
- *Depending on the type of procedure you had done, you will be able to drive within 2 to 4 weeks on average. (You may drive when you have recovered full coordination and are experiencing minimal pain). Ask your neurosurgeon after the surgery is over to get this clarified.*
- *If you are a patient who has had a seizure you may not drive until you are cleared by a neurologist, who will file a report with the DMV. Our physicians are neurosurgeons; we do NOT clear patients to drive.*
- *No contact sports (such as football, basketball, etc) until clearance is obtained from your neurosurgeon*
- *Please refrain from any strenuous activities (such as vacuuming, mowing the lawn, etc) for the first 6 weeks*
- *Lift only with both hands and not more than 10 pounds for the first two weeks and then gradually increase this over the next several weeks.*

- *Sexual relations may be resumed, but positions that cause discomfort should be avoided.*

4. When do I call my neurosurgeon?

- *Severe headache*
- *Nausea and vomiting*
- *Excessive sleepiness or difficulty waking up*
- *Unequal pupils*
- *Weakness in an arm or leg*
- *Confusion or disorientation*
- *Hearing loss or memory loss*
- *Fever greater than 100 degrees Fahrenheit by mouth*
- *Dizziness or blacking out*
- *Vision changes (double or blurred vision)*
- *Redness, tenderness, drainage or pus coming from the incision, pain or swelling of the skin along the incision site*
- *If you are experiencing any of the above symptoms and it is after hours, please call our office and follow the instructions to page the on-call neurosurgeon. If you are unable to reach the on-call Neurosurgeon, please go to the Emergency Room at Inland Valley Medical Center.*

5. When do I return to the clinic for a follow-up appointment?

- *Make a post-operative follow-up appointment with the Physician Assistant for 4 weeks after your surgery (if you do not have a follow-up appointment yet).*
- *If you have sutures or staples, then you will need to return within 7 to 10 days from the date of your surgery for them to be removed.*

6. How do I apply for temporary disability?

*We **ONLY** give temporary total disability to patients who have recently undergone a surgery.*

- ***State Disability (EDD)**- If you will be filing a State disability claim, please visit www.edd.ca.gov/Disability to file your claim online and complete necessary forms electronically. There is a fee of \$40 for the completion of each disability form. It is the patient's responsibility to call our office with their receipt number once the claim has been submitted. Please allow 7-10 business days for completion*
- ***FMLA and Other Disability forms**: We have chosen to partner with MediCopy, an MRO company, to assist with completion of these forms. To speak with a MediCopy representative regarding submission or status of these forms, please call 866-587-6274*

7. How do I apply for a temporary handicapped parking placard?

Patients will need to visit the DMV website at www.dmv.ca.gov to print out the form. Patients must complete their portion and deliver both pages to our office. We will complete the form giving the patient a temporary handicapped placard for up to 6 months. We will call the patient once the form is complete so that they may file with the DMV

*** Please Allow 7-10 Business days for the completion of any forms**