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Fellowship-Trained Spine Surgeon

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POSTOP CARE AFTER - CHRONIC SUBDURAL SURGERY

WOUND

- You can shower but keep the head dry and do not swim for at least 3 months, or take a bath for 6 weeks after surgery
- Do not put any creams on the wound
- You may shower 2 days after the sutures are removed. Pat the wound dry and do not scrub.

ALCOHOL

- Avoid alcohol for at least 6 weeks after surgery. If you are on dilantin be aware that one drink will be more potent.

RETURN TO WORK

- It is best you take 4 weeks off from work after surgery.
- Light desk work can be commenced after this time. Make sure your computer monitor is at eye level (put the yellow pages under it to lift it up)
- Wait until seen at 6 weeks before planning anything more strenuous than this

PAIN RELIEF

- Tylenol (#1, 2 or 3), Percocet or Vicodin can be taken for wound pain after surgery
- Do not take any anti-inflammatories (e.g. Voltaren, Ibuprofen, Advil), aspirin or smoke after surgery

DRIVING

- Try not to drive for 6 weeks after surgery. If you had a seizure at any time or vision problems after surgery or weakness in the arms or legs talk to your neurosurgeon before driving

FOLLOW-UP

- You will need to see your neurosurgeon or his PA 2 weeks after surgery
- A follow up CT scan will be arranged prior to the 6 week visit

WHAT TO WATCH FOR

- If the wound becomes excessively red, swollen or painful or develops a discharge, or you have questions, contact your neurosurgeon at his office or see your GP.
- New headaches, weakness, drowsiness, vomiting etc. needs to be reported to your neurosurgeon
- If it is an emergency and you cannot contact anyone come to the Emergency Room