

DR GAUTAM KHURANA - Take-home Post-op. Discharge Instructions (Applicable to brain, spine and shunt surgery patients)

- Keep your incision(s) clean and dry for 10 days following surgery. Any stick-on dressing (e.g., “Primapore” or “Medipore”) over the incision(s) should be changed daily for approximately 10 days after surgery.
- Do not soak your incision(s) in a tub or spa bath or swimming pool for at least 3 weeks after the operation. Do not expose the incision(s) to any direct shower spray for this time too.
- Showering is okay from the day after surgery onwards, just let water run over the body, including the dressed incision(s), and then **after the shower**, remove the wet dressing, gently dab the incision(s) dry with clean gauze until each incision and its surrounding skin is dry, and immediately put a new dry dressing over the incision(s). No rubbing or scratching of the incision(s).
- For posterior cervical or posterior lumbar spinal surgery patients: Do not lie exclusively on your back for the first 2 weeks after surgery; lie on your side as much as possible for this time as this will minimise moisture build up around healing wound(s). For all other patients, positions as tolerated.
- If there are staples visibly present in the incision, these should be removed by your local doctor at 10 days after the operation unless otherwise arranged with Dr Khurana. Do not let the wound get wet for 24 hours after these staples come out. After all the staples are removed, put a fresh dressing over the incision – this is the last dressing that you need to apply and it should be removed after 24 hours... no further dressings are required!
- **If there are no visible staples**, then the stitches are ‘self-dissolving’ under the skin surface and these don’t need to be removed. However, these stitches are usually covered by adhesive “Steri-strips” and those strips should be removed after getting them wet while showering at 7 days after surgery assuming the strips are still present by then! If they come off by themselves before then, don’t worry, they do not need to be replaced.
- Watch for signs of **wound infection**, including increasing redness or swelling around the incision, or any drainage or discharge from the incision, or obvious separation of the incision edges. **Do not delay if this occurs** - see your local doctor or call *CNSneurosurgery* on 0400 683 662 or *Neurological Surgery Victoria* on 03 9867 1513.
- For spine surgery patients, do not lift greater than **2 kg** (equivalent to a **2 litre** container of milk) for **2 months** after surgery. No excessive spine twisting or bending movements and no jogging for this time, but daily walking and stair climbing are encouraged. *Physiotherapy **only** if cleared to do so by Dr Khurana.* For all other patients, activities as tolerated or discussed with Dr Khurana.
- One of our staff will call you to confirm a follow-up appointment in the near future. Typically, Dr Khurana will see you around **6 weeks** following surgery. **Please book an appointment with your GP for a wound check to occur at 10-14 days following surgery.** For any questions or concerns, call *CNSneurosurgery* on 0400 683 662 or *Neurological Surgery Victoria* on 03 9867 1513.