

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). Then, **after the shower**, remove the wet dressing, gently dab the incision(s) dry with clean gauze (but not tissue paper and not a towel) until each incision and its surrounding skin is dry. Then, immediately put a new dry dressing over the incision(s) (avoid touching the new dressing on the clean part that will face the incision itself). **No** rubbing or scratching the incision.
- 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 (as we want the little ‘staple holes’ to seal). 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 7 days, 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 *CNS Neurosurgery* on 0400 683 662.
- 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. If you have a **cervical collar or lumbar brace**, keep it clean and dry and wear it as instructed by Dr Khurana for as long as advised by him. *Physiotherapy **only** if cleared to do so by Dr Khurana.* Keep well hydrated and well nourished, get fresh air, and do some deep breathing.
- For **brain surgery** patients: Activities as tolerated or discussed with Dr Khurana; when you sneeze or cough, open your mouth (don’t hold it in); also, no straining on the toilet. Keep well hydrated & nourished.
- One of our staff will call you to confirm a follow-up appointment in the near future. Typically, Dr Khurana will see you around **6-8 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 *CNS Neurosurgery*.