

Support System:



- Reach out to your family, friends, or support groups for emotional support during your recovery.
- Feel free to share any worries or concerns with your healthcare provider.

Remember, every patient's recovery is unique. If you have any specific instructions or additional recommendations, please refer to the personalized instructions provided by your healthcare provider.



Patient and Family Education

@ patienteducation@hamad.qa

© 2024 Hamad Medical Corporation

24-280

Discharge Instructions for patients that have undergone a Craniotomy



مؤسسة حمد الطبية
Hamad Medical Corporation

HEALTH • EDUCATION • RESEARCH
صحة • تعليم • بحوث

Discharge Instructions for patients that have undergone a craniotomy

This educational leaflet offers guidance and instructions to help you through your recovery process. Please read all the instructions and carry out in your day-to-day activities.



- Keep the incision clean and dry, you do not need any special cream or dressing.
- Staples or stitches will be removed 7-14 days after surgery.
- Some swelling is normal for a couple of weeks.
- Report any signs of infection, such as increasing redness, swelling, drainage, or fever.
- Avoid activities that may put strain on the incision area, such as heavy lifting or bending over.

Pain Management

- Follow the prescribed pain medication instructions provided by your health care provider to reduce discomfort. Avoid taking more doses.
- If the pain is not adequately controlled, contact your healthcare provider.

Activity and Rest:

- Slowly progress your activity level as recommended by your healthcare provider. Start with short walks and light activities.
- Avoid strenuous activities, such as heavy lifting, for the time being.
- Balance your activity with adequate rest periods to promote healing.

Diet and Hydration:



- Follow all dietary instructions specified by your healthcare provider.
- Stay hydrated by drinking plenty of water unless instructed otherwise.
- Limit your caffeine and alcohol intake as they can interfere with the healing process.

Medications:

- Take all prescribed medications as directed by your healthcare provider. Follow the recommended schedule and dosage.
- If you experience any side effects from your medications, contact your healthcare provider.

Signs of Complications:

- Watch for any unusual symptoms, including severe or progressive headaches, vision changes, dizziness, nausea, vomiting, seizures, changes in mental status or speech difficulty.
- Seek medical care immediately if you develop any of the specified symptoms.

Follow-up Appointments:

- Make sure you attend all scheduled follow-up appointments with your healthcare provider.
- These appointments are essential for monitoring your progress and ensuring a successful recovery.