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## Discharge Instructions Chiari Decompression

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**Name:** \_\_\_\_\_

### Medications:

- Take any medications only as directed. A prescription pain reliever will be provided.
- If you experience constipation while taking a narcotic pain reliever, begin using an over-the-counter laxative.

### Diet:

- Resume whatever diet you were on before surgery (e.g., unrestricted, diabetic, low sodium, etc.)

### Activity:

- During the next week, we recommend that you limit your activities mainly to walking and sedentary-type activities. You should not be left alone for the first two days. (If there is no one available to stay with you all the time, you should arrange to have a friend or family member call you by phone at periodic intervals throughout the day to make sure that you are alright. The reason for this is that following this procedure there is a possibility of seizure or other problem occurring. Although you may have been placed on medications to prevent seizures, there is a remote possibility that they may still occur.)
- We prefer that you do not drive a car for the first two weeks, but you may ride in a car as desired. You may increase your activities as you are able to tolerate them and as your endurance increases. We recommend you space out your activities at first and give yourself plenty of rest periods.

### Incision and Pin Site Care:

- Gently wash your incision daily with a mild shampoo using your finger pads, not finger nails.
- Please do not apply any creams or salves to pin sites.
- To decrease pain from pin sites, you may apply ice to sites for 20 minutes three times a day as needed.
- Call our office if you notice any problems such as: swelling or fluid collection, redness, or drainage. If any of these symptoms occur, we may want to check the site so that we can initiate the appropriate treatment for it.

### Follow-up Care:

- Call our office should you develop any of the following symptoms: 1) increasing drowsiness and/or difficulty in being aroused, 2) increasing headache, 3) stiff neck, 4) fever of 101 F or greater, 5) nausea and/or vomiting, 6) increasing irritability, 7) slurring or incoherency of speech, 9) any other unusual problems that you are not sure of. These symptoms could indicate an impending emergency, so do not hesitate to call our office immediately or go to the emergency room. Call 911 for any rapid or sudden decline. Please call our office to schedule an appt. for suture/staple removal within 10-14 days after the procedure.

**Suture Removal:** Date: \_\_\_\_\_ Time: \_\_\_\_\_

**Follow-up:** Date: \_\_\_\_\_ Time: \_\_\_\_\_