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## Discharge Instructions Head Injury

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

David W. Lowry, MD, PC  
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*Neurosurgery*

### Medications:

- Take any medications only as directed.
- 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 your injury slowly as you tolerate it (e.g., unrestricted, diabetic, low sodium, etc.)

### Activity:

- Avoid pushing/pulling and lifting over 15 lbs. for four weeks.
- Do not participate in sports or physical education activities for four weeks.
- Walking is a good exercise. Go for at least four short walks a day, even if inside your home.
- You may remove your Ted Hose stockings once you are consistently walking four times a day.
- Do not drive before two weeks, if you periodically feel disoriented or if you have had any pain medication within four hours. You may ride in a car as a passenger as much as you tolerate.

**CALL 911 FOR ANY SUDDEN OR RAPID WORSENING.**

### If Stable Call Our Office For:

- Increased drowsiness
- Worsening irritability
- Worsening nausea or vomiting
- Increasing headache
- New or worsened neck stiffness
- Seizure activity
- Slurring or incoherent speech
- Clear or bloody watery drainage for the nose or ears
- New or worsened weakness in either leg or arm

### Follow-up:

- Follow up with your primary care physician unless otherwise directed by neurosurgeon.