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Discharge Instructions Pituitary Tumor Resection

Name: _____

David W. Lowry, MD, PC
Scott M. Tuinstra, PA-C, MS
Neurosurgery

Medications:

- Take any medications only as directed. A prescription pain reliever will be provided.
- If you were prescribed DDAVP upon your discharge from the hospital, this is usually only required on a temporary basis. DDAVP is used to control excessive urination after surgery.
- 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 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.)
- Elevate the head at all times. Sit in a recliner or use two or three pillows when sleeping. Head elevation reduces swelling.
- Do not blow your nose for at least one week from the day of surgery. Do not drink through a straw. Avoid heavy lifting or straining. These activities will increase the likelihood of nasal bleeding or leakage of cerebrospinal fluid from your nose.
- 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.
- Do not take Aspirin or other blood thinning products for 7 days following surgery.

Wound Care:

- Do not remove nasal packing if present. You may have to breathe from your mouth if the splints get occluded with mucous or clots.
- For the first five days after the removal of the nasal packing, you may use over-the-counter Afrin 0.05%, two to three times daily, for nasal congestion. After five days, use normal saline spray 6 to 8 times daily to keep the mucosa moist and to help loosen the crusting.
- You may shower and wash your hair after discharge. 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.

Follow-up Care:

- Contact our office if you note any of the following: 1) clear drainage from your nose, or drainage in the back of your throat, 2) excessive urination, 3) increasing headache or drowsiness, 4) difficulty with blurred or double vision, 5) stiff neck, 6) fever of 101 F or higher, 7) nausea or vomiting, 8) slurring or incoherency of speech, 9) any disturbance in your walking or balance, 10) excessive bleeding from your nose.
- These symptoms could indicate an impending emergency, so do not hesitate to call our office immediately. Call 911 or go directly to the emergency department at Holland Hospital for any rapid or sudden decline.
- If you see any sutures or staples in your skin, please call our office to schedule an appointment for their removal within 10

Follow-up: Date: _____ Time: _____ With: David W. Lowry, MD
Scott Tuinstra, PA-C