Before and After Neurosurgery
HOME CARE INSTRUCTIONS

BEFORE SURGERY
On the day of your surgery, your surgeon and anesthesiologist need to know all the medicines you have taken in the days before surgery. Some medicines need to be stopped before surgery. It is your responsibility to learn which medicines should be stopped. Ask your doctor or anesthesiologist which medicines are safe to take on the morning of surgery, and tell your surgeon’s nurse about any medicines that you have been told to take.

In general, do not take these medicines the morning of surgery.
• Anticoagulants such as coumadin, Ticlid, Plavix, persantine: Please ask the doctor who prescribed them or your primary care physician if you can stop taking them.
• Aspirin or ibuprofen: Do not take for 7 to 10 days. If they are for a vascular disorder, ask the doctor who prescribed them.
• Glucophage: Do not take for 2 to 3 days before surgery.
• Herbal remedies such as garlic, ginseng, ginkgo biloba, vitamin E, Echinacea, kava, St. John’s wort, and ephedra: Stop today.

In general, if you take a morning dose of these medicines, take them with a sip of water on the morning of surgery.
• Anti-seizure medicines such as dilantin, Tegretol, Lamictal, phenobarbital, Depakote
• Heart or blood pressure such as Digoxin, HCTZ, Verapamil, Cardizem
• Asthma medicine or inhalers. Please bring your inhaler to the hospital.
• Medicines for thyroid, reflux or HIV

Eating and drinking before surgery
Unless your surgeon or the nurse tells you otherwise, do not eat or drink anything after midnight the evening before your surgery. This includes water (except with medicine), coffee, chewing gum and mints. Eat a light meal in the evening. Avoid fried or greasy foods and alcohol. You can brush your teeth in the morning.

Personal
Please leave valuables at home or with a family member. Vanderbilt is not responsible for lost articles. Make arrangements for someone to drive you home after surgery. Discharge is 11 a.m.

ESTIMATED LENGTH OF STAY____________________________________ (page 1 of 2 pages)
ON THE DAY OF SURGERY
Come to the Admitting Office on the first floor of Vanderbilt Hospital. You will be directed to the Pre-surgery Care Unit, also called the Holding Room. A visitor may be with you. You will change into a hospital gown, and you will probably get white stockings to help prevent blood clots in your legs after surgery. An anesthesia care provider will talk with you about the kind of anesthesia you will have for pain relief and to help you sleep during surgery. An IV line will be placed in your arm for fluids and medicines.

AFTER SURGERY
If you will go home after surgery, you will begin recovery in the Discharge Unit. One visitor may stay with you until you are ready to leave. If you will remain in the hospital, you will go to the Neuro Intensive Care Unit on the 11th floor or to the Post Anesthesia Care Unit, called the PACU, just outside the operating room, and then to a hospital room, usually on the 11th floor.

Equipment to help your body return to normal
You may have some of the following monitors or other equipment, usually for just a short time.
• Foley catheter to drain urine from your bladder into a bedside bag or leg bag
• A sequential compression device called an SCD to help prevent blood clots. It looks like plastic air-pillows around your lower legs that inflate and deflate to gently squeeze your legs.
• Cardiac monitor to allow staff to know your heart rate and rhythm. Patches the size of a quarter are placed on your chest. Tiny wires are attached to a monitor screen.
• Arterial line, which is like an IV line and usually in your arm, to allow staff to know your blood pressure at any time and to draw blood samples without using a hypodermic needle.
• To help you breathe, you may have extra oxygen delivered through two prongs in your nose or through a face mask that covers your mouth and nose. Some patients need a temporary tube called a ventilator that actually helps them to breathe.

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<tr>
<th>NEURO INTENSIVE CARE UNIT VISITING HOURS</th>
<th>HOSPITAL ROOM VISITING HOURS</th>
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<td>9 – 9:30 am</td>
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The staff will do its best to allow your family to be with you as often as possible. However, nurses may ask you to leave when patients need specialized care or when privacy needs to be protected. Any time you have questions or concerns, ask your doctor, nurse, social worker or charge nurse.