

Office: 865-541-2835

TRANSPHENOIDAL RESECTION POST OP INSTRUCTIONS

LIMITATIONS:

1. Do not drive until cleared by your physician at post op appointment.
2. No lifting of more than 10 pounds and no repetitive bending.

ACTIVITIES:

1. The incision is closed with staples. The incision is covered for the first 48 hours with gauze and tape. After this time the dressing may be removed and the incision left open to air. You will be given additional Tegaderms to cover the incision while showering. Once done showering remove the Tegaderm dressing. If skin irritation develops, discontinue the use of Tegaderms and notify the office.
2. If staples were not removed prior to discharge from the hospital an appointment will be given for removal 7-1 days post op.
3. Please call our office with any signs of infection such as redness, swelling, or drainage with increased pain at the incision site or a fever greater than 101.5 degrees.
4. If you should develop any nasal drainage, please notify our office at 865-541-2835 and Dr. Horton's office at 865-521-8050.
5. After discharge if you experience any problems or complications related to your surgery that you do not consider life threatening, please call our office before going to the Emergency Room.

PAIN:

1. You will be given a prescription for pain medicine upon your discharge from the hospital. It is normal to have some discomfort at the incision site following surgery.
2. You may experience some post operative constipation related to the use of anesthetic in surgery and pain medications. A stool softener is given routinely post op and should be continued as long as you are using narcotic pain medication at home. Additional measures to treat constipation which are available over the counter include:
Bisacodyl 10mg, 1-2 tablets with a glass of water or 1 Bisacodyl suppository administered per rectum
Magnesium citrate can be taken if no relief with Bisacodyl
Fleets enema
Notify the office if you are unable to achieve a bowel movement after trying these methods.