

### DEEP BRAIN STIMULATION SURGERY - Discharge Instructions

#### Symptoms

- You may have some soreness in the head, neck and chest.
- You may develop painless puffy swelling around the eyes for a few days after surgery, particularly the eye under the incision(s).
- You may experience a *micro-effect* after surgery. This means that some of your symptoms may be better for a few days. This will fade away and you can expect to return back to your previous level of functioning.
- If you have Parkinson's disease and experience more dyskinesias, you may have to decrease your Parkinson's disease medications. Unless it is severe, it is usually best to wait as this generally improves with resolution of the micro-effect.

#### Battery and Extension Placement

- The battery/batteries and extension(s) may be placed during the same surgery as the brain leads or during a separate surgery usually several days later. Their placement involves opening the original scalp incision(s), tunneling the extension(s) under the skin to an incision on the chest. The risks of the procedure include damage or infection of the implants and of anesthesia. This surgery is done under general anesthesia. Before surgery, take your medications for your movement disorder as you normally do. If blood thinners were stopped for the lead placement, do not restart them until 2 days after the battery and extensions are placed.
- Keep incisions dry for 5 days. If there is a clear bandage over the incision, you may shower the day after surgery. It can be removed after 3-5 days or sooner if there is any rash around or under the dressing.
- The stitches used for the battery incision are internal and dissolvable.

#### Wound Care

- Keep incisions dry for 5 days.
- Gentle washing around incisions can be done 5 days after the last surgery. DO NOT scrub incisions, treat them very gently.
- There are clear surgical dressings that can be left in place for 3-5 days.
- The stitches will be removed and the stimulator turned on approximately 14 days after surgery.
- Watch for a stitch abscess at the battery incision. This looks like a pimple and should be treated with antibiotic ointment. If it doesn't go away within 2 days, call our office to have it checked.
- NO hair coloring or perm solutions can be used until 6 weeks after surgery.
- NO haircuts with clippers for 6 weeks following surgery.
- Stretch your neck away from the battery/generator to prevent "bowstringing" or the pulling of extensions or the wires in your neck. Gently bend your neck in an attempt to touch your ear to your shoulder. Stop when a stretch is felt and repeat often while awake for the first 1-2 weeks.
- **Call us immediately if you see redness, swelling, or drainage on your incisions or if you develop a fever over 101.5**

#### Medications

- Continue to take all of your medications for your movement disorder the same way as you did before surgery.
- If you are asked to stop blood thinners such as aspirin or Plavix, you may restart these 2 days after the last surgery.
- You should take over-the-counter pain medication if the pain is mild.
- You will be given a prescription for a narcotic for more severe pain. This medication can cause confusion, constipation, nausea or a rash. If any of these symptoms occur, stop taking the medication. Call our office for another prescription if needed.

#### Activities

- If you are not having any problems after surgery, you may return to your normal activities as soon as you feel up to them.
- If you were driving before surgery, you may return driving after a family member checks your driving skills. Go for a drive in a quiet area with a family member watching you. If that is OK, go to a busier area. If he/she sees no problem, you may return to driving.

#### Follow-up

- You will have a follow-up appointment in approximately 14 days and then again at 1 month after the last surgery.
- Further follow-up visits are determined on an individual basis. You must have your battery status checked every 6-12 months however.
- Continue to monitor all surgical incisions and the skin over any DBS hardware and report any changes immediately.

**PLEASE CALL OUR OFFICE IF YOU HAVE ANY QUESTIONS OR CONCERNS**

**OFFICE: (804) 828-5235 or (804) 828-9165 FAX: (804) 827-0631**

**Kathryn Holloway, M.D.**

**Holley Stone, R.N.**