

Post Brain Surgery Home Care Advice

Undergoing brain surgery is a significant milestone in your journey towards better health, and it is important to know how to take care of yourself during this time. This guide will offer simple tips to help you take care of yourself at home and recognize any symptoms that might need attention.

Recovery after brain surgery varies for each person.



Diet:

- Continue to take a well-balanced diet
- Take food rich in protein and fiber (e.g. lean meat, skinless poultry, fish, egg, soy products, whole grains, fruits, vegetables) that supports muscle repair, immune function, digestive health, blood sugar control, heart health, and so on.



Medications:

- Take your medicines as prescribed.



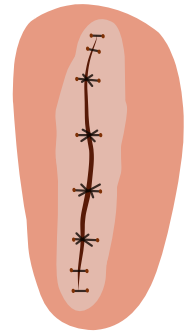
Activities for the next 6 weeks:

- DO NOT lift anything heavier than 5kg
- DO NOT engage in any activity that causes you to hold your breath and push, e.g. lifting heavy objects or straining when passing motion
- DO NOT engage in any strenuous or heavy exercises, e.g. cycling, jogging and contact sports e.g. ball games



Wound care:

- Keep the wound and dressing dry and clean until the sutures or staples have been removed
- Cover the wound with sterile dressing and change when it is wet, dirty, or loose. Please visit your nearest GP/ Polyclinic to have it change if needed
- You may wash your hair gently with mild shampoo a day after the sutures/staples have been removed
- DO NOT apply anything onto your wound unless instructed by your doctor
- DO NOT use hair products e.g. spray, gel, cream, dye within the next three months
- DO NOT scratch, massage or stretch the wound area
- DO NOT "pick" or "scratch" your scab. Scab may remain present for a few weeks and gradually fall off naturally.
- DO NOT "pull" or "cut" if you feel any strand sticking out from wound.



Note: If you experience itchiness around the surgery area, you can gently tap your fingers over the dressing to relieve the sensation.

Please visit general practitioner (GP) for wound-related matters:

- Fever of 38°C or higher
- Skin around wound becomes red/ swollen
- Persistent and increasing pain at the wound site
- Bleeding or foul-smelling discharge from the wound
- Suture/ Staples/ Wound re-opens
- Any other abnormal and/ or prolonged symptoms which cause concern

Please seek medical advice immediately if you experience any of the following new or worsened conditions:

- Drowsiness
- Weakness/ numbness
- Changes in behaviour e.g. irritability, confusion
- Speech difficulty
- Visual disturbance
- Headaches
- Nausea/ vomiting
- Seizures
- Fluid leaking from the wound, nose or ear

You can call the NurseFirst helpline (6262 6262) to speak to our trained nurses, who can advise on the appropriate healthcare options, according to the severity of the symptoms.

The helpline is available from 8.00am to 11.00pm on Mondays to Sundays, including public holidays.

You can also visit WH Emergency Department after office hours, including weekends and public holidays.

Location: Tower B, Level B1

Address: 17 Woodlands Dr 17, Singapore 737628

For non-urgent surgery or wound related matters, please call Woodlands Health hotline at 6363 3000 (available Monday to Friday, excluding public holiday, from 8:00am to 5:30pm).

Contributed by Nursing & Neurology

This brochure is produced for educational purposes and should not be used as a substitute for medical diagnosis or treatment. Please seek the advice of a qualified healthcare provider before starting any treatment or if you have any questions related to your health or medical condition.

Information shared is accurate as of June 2024 and subject to revision without prior notice.



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