



Information for
patients and
carers

Neuro Oncology Discharge

Neuro - Oncology Clinical Nurse Specialist Team

My Clinical Nurse Specialist/Key Worker is:

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Neuro Oncology Clinical Nurse Specialist Team are available:
Monday – Friday 8.30am to 4.30pm excluding Bank Holidays.

Contact details: Telephone 01772 523231

A voicemail service is available, we may not always be available to return your call immediately but we will always try to return your call within one working day.

After your Brain Surgery

After your surgery you should expect to be in hospital for about two to five days although some patients need to stay longer before they can be discharged. You are likely to need a post-operative MRI brain scan before discharge. You will either be discharged home or transferred back to your local hospital for a further period of rehabilitation.

Everyone needs different support when they go home from hospital. You might decide to stay with family or a friend for a while if you can. Before being discharged you will be assessed by the Occupational Therapist who looks at how you manage day-to-day activities. They can offer practical help, adaptations and equipment to make your home environment safe and comfortable.

A Physiotherapist will assess if you have problems walking or moving around while you are in hospital and will work with you to improve how you get around.

When will I receive my results?

You will be contacted when the results of your surgery are available. This normally takes around 10-14 working days, but it can take longer if we need to perform additional tests to look at your tumour DNA (i.e. your genetics). Your results will be discussed at our Neuro-Oncology Multi-Disciplinary Team meeting which is attended by a team of professionals who specialise in brain and central nervous system tumours. You will then be given an appointment to meet with your surgical team and specialist nurse (CNS) to discuss the results and the next stage of your care.

You will be given written information about your diagnosis and future treatment options at this meeting.

Recovery

You will probably feel tired and lethargic for several weeks after surgery. You may also experience some headaches or problems concentrating. This is normal following brain surgery. You should rest when you feel tired and it is normal to want to sleep during the day. Getting enough sleep will help you recover.

You can resume your normal day to day activities as soon as you feel able. Listen to your body and avoid overexertion. We would not recommend resuming any contact sports for at least 3 months.

Try to walk each day if you feel you can. Start by walking a little more than you did the day before and bit by bit increase the amount you walk. Regular exercise boosts blood flow and reduces the risk of you developing a deep vein thrombosis especially in the first few weeks after your surgery. Even whilst sitting you could perform deep breathing exercises, leg lifts and gentle ankle movements.

After your surgery the incision may feel sore. This can normally be controlled with painkillers such as paracetamol. If, however, you experience the following symptoms you need to contact your Neuro-Oncology CNS or the ward you were discharged from for advice.

- New or worse headaches
- Feel sick or are vomiting (which may be a sign of raised pressure in the brain)
- You have any sudden changes in your vision
- You have difficulty talking
- Sudden or increased weakness in your arms or legs
- Loss of balance/Co-ordination

Wound Care

The stitches that hold your wound together will either dissolve on their own or they will need to be removed in 7 to 10 days, this depends on the type of stitches the doctor uses. Sometimes metal clips are used and these will also need to be removed 7 to 10 days after your surgery. You will be given a letter to give to your practice nurse. However, if you are unable to get to your GP surgery the ward will arrange for a district nurse to visit your home.

You can wash your hair 2 to 3 days after your surgery using an unperfumed or mild shampoo. Try to avoid knocking or rubbing off any scabs. Gently towel dry the hair nearest to your scalp. Avoid direct heat from a hair dryer for the first couple of weeks. Do not apply any lotions, creams or other products to the wound and avoid using hair dyes for up to 12 weeks.

Craniotomy wound infections are rare but can happen. If you notice any of the following signs you need to contact the Neuro-Oncology CNS or Ward you were discharged from immediately:

- Raised Temperature
- Increased pain, swelling, warmth, or redness around the wound
- Clear, colourless fluid or discharge coming from your wound

Steroids

You will need to continue taking Dexamethasone which is a steroid similar to a hormone that is produced naturally in the body. It is a medication used to reduce swelling within the brain following surgery. Steroids are always reduced slowly as it can be harmful if you suddenly stop taking them. Before you go home you will be given a blue steroid card which you should keep in your purse or wallet and written information on the possible side-effects of taking steroids

Anti-Seizure Medications

You will need to continue taking your seizure (fit) medications to reduce the risk of having any more. Try to remember to take your tablets at the same time each day. If you miss a dose do not double up just take your next tablet at the usual time. Never stop taking this medication without medical advice. Your GP must continue this prescription on discharge.

Constipation

Constipation can be a problem after surgery. This is because you are not moving around as much and may have been taking painkillers which have a constipating effect. It is advisable to drink plenty of water or fresh juice, and eat plenty of fruit and vegetables. You may also be prescribed medications that can help prevent constipation.

General Advice

You can resume sexual activity when you feel ready.

Returning to work will be dependent on how you recover and the type of job you do.

Driving

You are not allowed to drive, and will not be allowed to drive for a set period of time until informed by the DVLA. Once you are discharged **it is your responsibility** to contact the DVLA, your insurance company and your employer if your job involves operating or driving heavy machinery.

Flying

Before traveling, talk to your Consultant who will decide if it is safe for you. We do not recommend that you fly for at least 3 months following craniotomy surgery.

Other Lancashire Teaching Hospitals NHS Trust telephone numbers that maybe useful:

Ward 2a	01772 522217
Ward 2b	01772 522713
Ward 2c	01772 528180
Sarah Houghton Occupational Therapist	07565 013 689
Dr Beaumont's Secretary	01772 522984
Radiotherapy Reception	01772 522923
Chemotherapy Support Team	01772 523205
Macmillan Information Centre	01772 523709

Sources of further information

www.lancsteachinghospitals.nhs.uk

www.nhs.uk

www.patient.co.uk

www.accessable.co.uk

Macmillan Cancer Support

0808 808 0000

www.macmillan.org.uk

The Brain Tumour Charity

www.thebraintumourcharity.org.uk

Braintrust

www.brainstrust.org.uk

DVLA

0300 790 6802

www.gov.uk/contact-the-dvla

Epilepsy Action

0808 800 5050

All our patient information leaflets are available on our website for patients to access and download:

www.lancsteachinghospitals.nhs.uk/patient-information-leaflets

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Lancashire Teaching Hospitals is a smoke-free site. Smoking is not permitted anywhere on any of our premises, either inside or outside the buildings. Our staff will ask you about your smoking status when you come to hospital and will offer you support and advice about stopping smoking including Nicotine Replacement Therapy to help manage your symptoms of withdrawal.

If you want to stop smoking you can also contact the Quit Squad Freephone 0800 328 6297.

Please ask if you would like help in understanding this information. This information can be made available in large print and in other languages.

Gujarati:

આ માહિતીને સમજવામાં સહાયતા જોઈતી હોય તો કૃપા કરીને પૂછો. આ માહિતી મોટા છપાણ માં અને અન્ય ભાષામાં ઉપલબ્ધ કરી શકાય છે.

Romanian:

Vă rugăm să întrebați dacă aveți nevoie de ajutor pentru înțelegerea acestor informații. Aceste informații pot fi puse la dispoziție în format mare și în alte limbi.”

Polish:

Poinformuj nas, jeśli potrzebna jest ci pomoc w zrozumieniu tych informacji. Informacje te można również udostępnić dużym drukiem oraz w innych językach

Punjabi:

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਸਮਝਣ ਵੱਲੋਂ ਮਦਦ ਲੈਣੀ ਚਾਹੋਗੇ ਤਾਂ ਕਰਿਪਾ ਕਰਕੇ ਇਸ ਬਾਰੇ ਪੁੱਛੋ। ਇਹ ਜਾਣਕਾਰੀ ਵੱਡੇ ਪ੍ਰਿੰਟ ਅਤੇ ਹੋਰਨਾਂ ਭਾਸ਼ਾਵਾਂ ਵੱਲੋਂ ਮੁਹੱਈਆ ਕੀਤੀ ਜਾ ਸਕਦੀ ਹੈ।

Urdu:

دو سر ی زبانوں او ر بڑی اگر آپ کو ہی معلومات سمجھنے کے لیے مدد کی ضرورت ہے تو ییچھپا یں ییہ ابیلست ہو یسکت ہے برا ئے مہر یان ہو ییچھہی۔ معلومات

Arabic:

مطوبه بأحر ف كيبير ة و بلغات إذا كنت تر يد مساعده في فهم هذه لمعلومات يُر جي أن نطلب أخرى يمكن تو فير هذه المعلوما

Department: Neurosurgery
Division: Surgery
Production date: May 2021
Review date: May 2024
Document Code and version: CA3 V1