

## Discharge Instruction after Transsphenoidal Surgery

*Mark Bryniarski, M.D.*  
*St. Anthony Neurosurgery*  
535 NW 9th St, Suite 205  
Oklahoma City OK 73102  
405-231-2900

1. Take things easy the first two weeks after surgery. Avoid household chores such as: vacuuming, sweeping, mopping, gardening, taking care of children, loading/unloading dishwasher, washing machine, or dryer, avoid making beds. Bending quickly may cause headaches and dizziness.
2. Do not lift over 10 lb. Avoid vigorous exercise such as: running, aerobics, weight-training, swimming, heavy lifting. Walking is a good form of exercise. Begin with short walks and gradually increase your distance.
3. Avoid excessive sneezing, blowing your nose, coughing or straining for the first two weeks after surgery. Do not use straw while drinking fluids.
4. Headache may be common and expected after surgery. You will be given a prescription for pain medication. Remember that narcotics may make you constipated, and you may need a stool softener. Eventually, Tylenol should manage your pain.
5. Do not drive or return to work until cleared by Dr. Bryniarski.
6. Small thick discharge from your nose is expected for 2 - 4 days after surgery. However, call our office immediately if you notice clear (or blood-tinged) fluid dripping out of your nose. This usually increases with upright posture or with bending. It may indicate a cerebrospinal fluid leak. When left untreated it may lead to meningitis, a potentially life-threatening condition.
7. If your surgery has been done using approach under your upper lip rather than through your nose, you may feel stitches in your mucosa just above upper teeth. Those will dissolve in a few weeks.
8. You will see Dr. Bryniarski in his office 6 weeks after surgery. If you don't have an appointment prior to leaving the hospital, please call our office. Prior to the appointment you will have MRI of your pituitary region. This will be scheduled by Dr. Bryniarski's assistant who will call you with the appointment.