

## Discharge Instructions After Placement of Vagal Nerve Stimulator

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1. Expect some incisional neck pain the first several days after surgery. You may also notice a sore throat and swallowing difficulties. This is usually temporary and resolves within a few weeks after surgery. If you experience inability to swallow liquids, or inability to speak, please notify us immediately.
2. Your surgical dressing should be removed about 24 hours after surgery. Keep incision clean and open to air. All stitches are buried under the skin. You may notice small pieces of tape called "steri-strips" or skin glue called "Dermabond". Let strips fall off naturally. If they remain on after two weeks, they may be removed by yourself or a family member. Skin glue will flake off on its own.
3. You may shower about 48 hours after surgery. Do not bathe. Use baby shampoo for the first 4 weeks after surgery. Do not swim until cleared by Dr. Bryniarski.
4. Do not drive while you take narcotic pain medications.
5. Restrictions: no lifting more than 10 lb., no vigorous physical activity for 3 weeks after surgery. Then, increase your activity gradually as tolerated.
6. You will be seen by Dr. Bryniarski in his office usually about two weeks after surgery. If you don't have an appointment prior to leaving the hospital, please call our office. You should also schedule an appointment with your neurologist to turn on the stimulator AFTER the follow-up visit with Dr. Bryniarski. The stimulator needs to be off for at least two weeks after surgery to allow for proper healing.
7. Do not change any of your anti-epileptic medications without first discussing it with your neurologist.
8. Call our office when you develop: signs or symptoms of infection (redness, wound drainage, swelling, severe tenderness, fever > 101 F), inability to swallow or speak.
9. Please, call your neurologist with any questions about your seizure medications, or if you notice any change or increase in your seizure pattern.