



Children's Health Ireland
at Temple Street

Discharge advice for parents / guardians and children after brain surgery

_____ had a _____ on the ____ / ____ /20

The following is information on how to care for your child when you return home. Some points may or may not be applicable to your child. The nurse looking after you will highlight the most important points.

- **Pain relief:** Headaches can be common following surgery on the brain. These should reduce over time. It is okay to give your child regular painkillers such as paracetamol and ibuprofen to help reduce headaches; the nurse looking after you will discuss this in more detail.
- You may notice that headaches happen when your child is tired or during times of concentration. Encourage your child to rest for periods when at home for the first few weeks. If your child's headaches persist or do not resolve with pain relief, please contact a member of the neurosurgical team.
- **Wound Care:** Your child's wound has stitches, if they are dissolvable they will dissolve over the next couple of weeks. If your child has stitches that need to be removed, the team will let you know and organise their removal at a suitable date.
- When your child's wound starts to heal, it may feel like pins and needles or may feel itchy. This is a sign that the wound and nerve ends are healing. It is important that itching or scratching of the wound is avoided, as this may cause irritation or infection.
- You can wash your child's hair 5-7 days after surgery; take extra care around the wound site. Monitor the wound daily for signs of healing or signs of infection.

If you observe any of the following signs please contact a member of the neurosurgical team or attend your local Emergency Department as soon as possible.

- Vomiting or worsening vomiting if already present on discharge.
- New or worsened unsteadiness when walking.
- Leakage of clear fluid or blood from the wound.
- Leakage of green, yellow ooze from the wound.
- Increase in swelling around the wound.
- Drowsiness, inability to awake or arouse.
- Irritability / high pitched cry.
- Behaviour change.
- Temperature.



Diet / Bowel Care

- Your child's appetite may take a few weeks to fully return; encourage regular fluid intake to keep hydrated.
- Monitor that your child is having regular (daily or every second day) bowel movements, children may be prone to constipation after neurosurgery.
- Encourage fruit and fibre in your child's diet where possible.

Returning to School / Crèche

Your child can return to crèche/ school in _____ weeks / months, or when you as parents/ guardians feel your child is able to return.

Your child can play contact sports or swim in _____ weeks / months.

Your child can fly approximately 6 weeks after surgery or after your first clinic appointment. Discuss this further with your neurosurgeon in clinic.

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