
The Leeds Teaching Hospitals



NHS Trust

INFORMATION FOR PATIENTS

Discharge Advice following Pituitary Surgery



You will have had your surgery through either your nose (*transphenoidal*) or Through your skull (*craniotomy*)

Craniotomy

Your wound should be kept clean and dry. You can wash your hair with a mild shampoo following surgery but avoid other perfumed cosmetics for 3 weeks and avoid scrubbing the wound.

The clips in your head are removed 5–7 days after your surgery. Arrangements will be made with you GPs practice nurse to remove these if you are discharged before they are due out.

If the wound becomes red, inflamed, painful or begins to ooze or discharge, contact your GP. You may feel numb around the scar: this is normal and usually improves with time. The hair that was shaved off will grow back to cover your scar and the redness will fade.

Transphenoidal

There are no stitches to be removed, as synthetic material is used to 'plug' the area incised around your pituitary gland. Following surgery you will have packs up both nostrils. These will normally be removed 3 days after the operation, before you are discharged home. It is important not to blow your nose for 3 weeks. This allows time for the patch of tissue to heal. Should you experience any trickling of clear fluid down your nose or a salty tasting fluid at the back of your throat, please contact your GP or the ward immediately.

Should you experience bad headaches, nausea or vomiting, dizziness or visual disturbances, please contact your GP.

Discharge medication

You will be discharged with medication. It is vital that you continue this medication until advised otherwise by your consultant or GP. You will receive information leaflets from pharmacy and your nurse will discuss your medication with you prior to discharge home. You will be given a letter to give to your GP, this gives a brief description

of why you have been in hospital and what medication you have gone home with. You must drop this in at the doctor's surgery but unless otherwise advised, you do not have to see him/her.

Outpatient appointments

You will receive an outpatient appointment through the post once you are at home. If you do not receive this, please ring your consultant's secretary.

Lifestyle

It is normal for you to feel tired for a while, this will pass. You can exercise as you feel well enough, you are the best judge of what you can and cannot do. Gradually increase the amount of exercise you do. You may go on holiday when you feel well enough, please speak to your surgeon about flying. You may resume sexual relations as soon as you feel fit to do so. You should return to work, as you feel able. This will depend on the type of work you do and your individual progress. You may wish to discuss this with your surgeon at your clinic appointment.

You should remember to take things easy at first and gently return to your usual lifestyle.

Driving

If you have had a craniotomy, it is your responsibility to inform the DVLA of your recent surgery and they will inform you of any restrictions. Contact them at: DVLC, Longview Road, Morriston, Swansea, SA99 1TU.

You should also contact your insurance company. If you have had transphenoidal surgery, providing you have no visual problems, you can drive when you feel well enough.

If you have any further problems or queries following your discharge, please feel free to contact us on the below numbers:

Ward 23: **0113 3927123** or Ward 24: **0113 3927124**

