

The Leeds Teaching Hospitals



NHS Trust

INFORMATION FOR PATIENTS

Discharge Advice following Micro-Vascular Decompression



Wound care

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.

Your wound will have been closed with clips, which stay in for 7 days. Arrangements will be made with your GPs practice nurse to remove these.

If the wound becomes re, 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.

Discharge medication

You may be prescribed medication. This will have instructions on the label and include information leaflets from pharmacy. Your nurse will discuss your medication with you prior to discharge, please feel free to ask any questions you may have.

You will be given a letter to give to your GP, this gives a brief explanation 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 very 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, although our advice would be not to fly for 3 weeks.

You may resume sexual relations as soon as you feel fit to do so.

You should return to work as soon as you feel able. This will depend on the type of work you do and your individual progress.

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

Driving

You may drive after 2 weeks if 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**
