

**ENDOSCOPIC PITUITARY / SKULL BASE  
TUMOR RESECTION  
Discharge Instructions**

**Please Note:** These are guidelines and helpful suggestions during your recovery. Everyone progresses at their own pace.

- **When to call Dr. Rohrer:**
  1. If you develop worsening headaches, blurry vision, or double vision.
  2. If you develop worsening swelling, redness, heat, or drainage around or from your pin sites or your abdominal incision.
  3. If you develop a fever  $>101.5^{\circ}$ .
- **When to call your ENT surgeon:**
  1. If you notice persistent clear drainage or bleeding from your nose.
- **When to call your Endocrinologist: Dr. Fawn Wolf & Dr. Hyun Suh @ 503-216-7000**
  1. If you develop frequent urination and worsening thirst.
  2. Questions regarding hydrocortisone dosing and follow up laboratory bloodwork.
- **Medications:**
  1. Resume all previous medications unless instructed otherwise.
  2. Use normal saline spray every 2-4 hours as needed to keep nasal mucosa moist.
  3. You may use Afrin 2-3 times a day for nose bleeds or severe congestion.
  4. Wean off of pain medications as tolerated.
  5. Do not drive while taking pain medication.
  6. Do not take aspirin, or anti-inflammatory medications such as Advil (ibuprofen) or Aleve (naproxen), or similar medications for one month after surgery.
- **Activities:**
  1. Do not blow your nose for three weeks, or put any objects up your nose.
  2. Keep your head elevated  $>30^{\circ}$ .
  3. Fatigue is normal for the first few weeks. Taking short naps is recommended.
  4. For exercise, go for short walks only. Do not exert yourself or work up a sweat.
  5. No lifting greater than 10 lbs.
  6. Use good body mechanics. Use your legs, not your back. Avoid sudden movements.
  7. Do not drive for approximately three weeks, or while on narcotic-based pain medications.
  8. Activity restrictions will be reviewed at your postoperative visits.
- **Wound Care: (pin sites, abdominal wound)**
  1. Do not remove nasal packing if present. This will be performed by your ENT surgeon.
  2. Do not apply any ointments to your incision or pin sites unless otherwise directed.
  3. If applicable, change abdominal wound dressing as needed. Keep dry and cover with "OPSITE" waterproof dressing during showers only for the first week.
  4. Do not submerge the incision in water, e.g., bathtub, hot tub, or swimming pool, until your wound is evaluated at your first postoperative office visit in three weeks.
  5. "Steri-Strips" will fall off on their own, or you may remove them after 10 days.
- **Diet:**
  1. Your appetite may be decreased. Eat smaller, more frequent meals.
  2. Pain medication may cause constipation. Increase your water intake. Take laxatives such as Miralax, or increase your fiber intake with Metamucil, fresh fruit, vegetables, or prunes.
- **Special Instructions:**
  1. Call Dr. Rohrer's office, ENT, and Endocrinology when you get home to schedule a follow-up appointment.
  2. Call the appropriate offices if you have any questions or concerns.
  3. Contact your pharmacy for medication refills. Refills will only be done during normal business hours: weekdays from 8:30-5:00. Please give at least 48 hours notice for refill requests.