

## Neurosurgery

# Discharge Advice following Clipping of a Cerebral Aneurysm

### Consultant Name:

### What happens when I go home from hospital?

You will be discharged home and a family member or friend should stay with you to support you for at least 1 week

### How long will recovery take?

**Each individual recovers differently. Here is some advice to a speedy recovery:**

You will be in hospital for anywhere between 2-5 days following an elective Clipping of a Cerebral Aneurysm depending on how your surgery went and how you are recovering.

The stay following clipping after a ruptured aneurysm causing subarachnoid haemorrhage will depend on your recovery from the initial bleed but is usually between 7-14 days.

### What should I expect when I go home

You may well feel tired and have occasional headaches following clipping of a cerebral aneurysm. This is a normal part of recovery; it can take 6-8 weeks to recover fully. If you had clipping after a subarachnoid haemorrhage you may feel very tired for up to six months. You may also have some pain on chewing in your temporal region or pain or numbness over the incision site or your head which is also expected. Continue taking pain killers, drink plenty of fluids and rest when you feel tired.



### **What symptoms should I worry about?**

Headaches and tiredness are normal symptoms after Clipping of a Cerebral Aneurysm. If you get a severe headache, vomiting or collapse then either call 999 or present at your nearest Accident and Emergency Department.

### **Wound Care**

Keep your wound clean, dry and covered. You will have your clips/staples removed between day 7 and 10 following your surgery. If you get pain at the wound site call the ward for advice. If you notice your wound looks red or has any discharge then please contact the ward as soon as possible for advice; you may need to attend the ward for a wound review. Maintain good hygiene to prevent infections. The dressing should be kept dry for 3 days following surgery then allowed to get wet during shower/baths and can be taken off.

### **Nutrition**

After an operation it is important to eat a high protein diet to help with wound healing. such as meats, eggs and fresh fruit and vegetables

### **Mobility / Activity**

We advise you rest when you get home but you must be aware of the risk of Deep Vein Thromboses. Rest but also gently mobilise to prevent blood clots. You must wear your white stockings for 6 weeks after discharge. You should refrain from strenuous activity for at least four weeks following discharge, including heavy lifting (shopping bags), pushing & pulling (hovering / cutting grass). You may feel a little tired when you go home and need to rest a lot. Please make sure you do have a short walk every day and gradually increase your activity (preventing blood clots).

### **Bathing**

You must keep your surgical wound covered and do not get it wet for at least 72 hours After this you may shower or bath as normal by gently cleansing the area.

### Alcohol

Drink in moderation; your GP can advise you further on this.

### Smoking

You must stop smoking, research suggests that Cerebral Aneurysms are caused by smoking and smoking is proven to help Aneurysms grow. You can contact Smoking Cessation on 024 7696 4760 or your GP can help with this.

### Driving

According to the DVLA guidelines (<https://www.gov.uk/guidance/neurological-disorders-assessing-fitness-to-drive#subarachnoid-haemorrhage>), Following clipping of an aneurysm if you have a group 1 license you do not need to inform the DVLA but you must not drive until you have seen your consultant at your follow up clinic to confirm you have made a full recovery without any residual impairment which could affect driving.

If you have a group 2 license and been treated by surgical clipping of your aneurysm you must not drive and must inform the DVLA. The DVLA will then send your Consultant a questionnaire for us to complete; we will return it to them and **they** will then decide if you can drive or not.

If you have had a seizure at any point during your admission or treatment or after treatment you must not drive and must inform the DVLA.

### Sexual Relations

You may resume your normal sexual relations as soon as you feel well enough to.

### Air Travel

You can fly usually after 6 weeks following your treatment, however please double check with your individual Consultant. You will also have to declare it on your travel insurance.

### **Critical Illness cover**

Fill in what you can then send the form to your Consultant's secretary; they will complete the rest, stamp it and send it back to you.

### **Returning to work**

You will have a sick note (normally for 4-6 weeks), given to you on discharge. If your letter is coming to an end and you still do not feel ready to go back to work you must see your GP for assessment.

### **Medication**

On leaving hospital you will be given all the medications you require for the next 28 days. Your GP will be informed of any changes to your medications and your GP will be able to issue repeats of these. If you already have your medications and only require new prescriptions then please inform the doctor so we don't dispense these and save time on your discharge.

### **Follow-Up Appointment**

Normal follow up is 6 to 8 weeks following your discharge date. During this appointment you will be advised of any further follow-up scans your Consultant wishes to complete. If you have not received a follow-up appointment then call the secretary of your Consultant who can advise you. Please do not contact Ward 43 or Katie Tray for follow up appointments as we do not arrange them. You will need to speak to your Consultant's secretary. Call 024 7696 4000 and ask the main Switchboard to connect you to your Consultant's secretary.

### **Health**

If you have any questions concerning your health once you have been discharged please contact your GP. Your GP will receive a copy of the discharge letter that you are given on discharge about your hospital stay and your prescribed medication. If they cannot answer the questions then please contact Katie Tray, the Neurovascular Clinical Nurse Specialist on 024 7696 7036, or out of hours and at weekends contact Ward 43 on 024 7696 5330.

## **Patient Advice and Liaison Services (PALS)**

If you have any concerns about your hospital stay or treatment, please take it up with the ward staff first. If you are not satisfied with the response then you can contact PALS on 0800 028 4203 for assistance.

## **Important Numbers**

**Katie Tray (Neurovascular Clinical Nurse Specialist) – 024 7696 7036**

**Ward 43 – 024 7696 5330**

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact 024 7696 5835 or 024 7696 5838 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

### **Document History**

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