

Post-operative Instructions Tarlov / Meningeal Cysts

The following guidelines are recommended after your surgery to ensure the best possible recovery. You may be given additional instructions upon discharge.

**If you have any questions or problems, please contact our
Nurse Navigator at (816) 276-6766 or toll free 1-877-TARLOVS**

Activity

Daily activities for personal needs are permitted but avoid any strenuous activity. Do not lift anything heavier than a gallon of milk (about 8 pounds) for the first 4 weeks after surgery. Avoid pushing or pulling. Avoid bending and twisting at the waist.

Take precautions to prevent falls and use assistance if unsure. Stairs are fine, however use handrails and take one step at a time until comfortable. Sitting for extended periods of time may increase your discomfort. Avoid sitting for longer than 45 minutes at a time.

Walk daily as tolerated gradually increasing the distance. As you increase your activity you may experience an increase in discomfort. This is normal and to be expected. Remember this is a slow and long recovery process. It is okay to do activity and rest in small bouts and alternate as you can tolerate.

TED hose

You may discontinue the TED hose stockings once you are routinely up and walking daily.

Incision care

Your incision will have small adhesive strips along the incision line. Do not be concerned if the strips roll up or fall off. It is ideal for the strips to stay on for 1 week after surgery. After a week they may be removed if peeling off or bothersome. Call if there is any drainage or swelling from your incision. It is normal for the incision site to itch.

Bathing

You may shower and get the incision wet 48 hours after the surgery. Do not soak the incision and avoid scrubbing your incision site. No tub baths.

Driving

Do not drive for the first three weeks. You may ride in an automobile for short distances as tolerated. If riding for extended periods of time include stretch breaks

Traveling home by plane

Pre-arranging for assistance when you land at the gate is highly recommended. During the plane ride get up frequently each hour to walk around and stretch. Tell your flight attendant you have recently had surgery and will need to move about at times.

Pain Medication

You will be given a prescription for pain medication when you are discharged from the hospital. You may take the pain medication with food if stomach upset occurs.

Constipation

You may be constipated after your surgery. Increase your fiber and fluid intake. You may use your choice of over-the-counter laxatives as needed. If you do not have a bowel movement an enema is fine. If you are still unable to have a bowel movement after 3 days, or have nausea, vomiting or abdominal bloating; contact your family doctor or our office for instructions.

Sexual Intercourse

Sexual intercourse may be resumed at any time as tolerated. Go slowly and avoid painful positions.

Smoking

You should not smoke after surgery. Smoking can decrease the rate of skin and bone healing. Smoking also makes it harder for pain medication to work. Reminder: the hospital campus is entirely tobacco free.

Other

If you have fevers or chills, take your temperature with a thermometer. If you have a temperature of 101 or higher contact our office. Call if you experience signs/symptoms of meningitis: fever, headache, neck stiffness, eye sensitivity to bright lights.