

# Discharge Instructions Following Placement of Neuro Pace- RNS System

Date of Surgery:

Surgeon: Dr. Edward Chang

Many patients share similar concerns after surgery: What can I expect? How should I take care of my incision? Do I still need to take my antiepileptic medications? What should I do if I have a question once I leave the hospital? The following general information is intended to answer these questions. Please keep in mind that each patient is unique. Some patients may recover more quickly than others, while some may take a bit longer. If your question is not answered here, please ask your nurse or doctor for additional information.

## What to Expect

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Mild swelling and bruising on the scalp and sometimes on the face are common after surgery. These changes usually resolve within 2-4 weeks. Most patients experience headaches and/or incisional discomfort during the first few weeks after surgery. The headaches and incisional discomfort will gradually become less frequent and less intense over the next few weeks.

## Care of the Incision

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1. It is safe to shower and get your incision wet three days after your surgery.
2. Gently shampoo hair and incision, three days after your surgery and then daily thereafter as you wish. This will soften scabs and dead skin around the incision.
3. Gently pat dry incision and area around incision. Do not blow dry the incision or the area directly around incision.
4. You may apply a thin layer of antibiotic ointment (such as Bacitracin, available without a prescription) daily to the incision after bathing to keep incision moist. The incision may be left open to air or you may affix a small dressing to prevent the ointment from getting on clothing. Use non-stick dressings and minimal adhesive tape around incision.
5. Small amounts of bleeding may occur as the wound is healing, blot dry with a clean tissue and apply gentle pressure.
6. Sutures and staples should be removed approximately 2-3 weeks after your surgery. You may return to UCSF to have them removed or you may arrange to have them removed at your local physician's office.
7. After your staples and sutures have been removed, the incision should be kept dry for 24 hours. You may then shower and shampoo as usual.

## Activity

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You may be up and around as soon and as much as you feel able. Daily walks are encouraged. When you feel tired or have headaches, stop and rest. Gradually increase your activity so that you are back to your normal activity level in the next few weeks.

## Medications

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Anticonvulsants - You will continue to take the same anticonvulsant medications after surgery that you were taking before surgery unless your epilepsy doctor has instructed you otherwise.

In addition, your doctors may prescribe some additional medications to assist the healing process. Your nurse or pharmacist will explain these medications before you leave the hospital and answer any questions that you may have. Please take the medications exactly as prescribed.

## RNS Data transmission

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Before leaving hospital you and/or your family member will be instructed on how to download your brain activity data from your implanted device to the RNS laptop provided to you. You will also learn how to securely transmit this data, via the Internet, to your epilepsy doctor for review prior to your next clinic appointment. There will be ample opportunity to learn and practice these activities prior to your discharge from the hospital.

## When to Call for Help

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Severe or increasing headaches, not responding to pain medication.

Drainage, pain, or failure of the incision to heal.

Fever higher than 101.5 F.

A significant increase in seizure frequency, intensity, or duration that is not typical for you.

If you have any questions, problems, or concerns not addressed here.

## Who and Where to Call

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If you have questions regarding your Neuro Pace RNS system, seizure activity or seizure medications, contact the UCSF Epilepsy Center clinicians at (415) 353-2437.

If you have questions or are having difficulty with the Neuro Pace equipment (laptop, wand, Internet connectivity and data transfers) please call the Neuro Pace 24-hour technical support hotline: 886 726-3876.

For routine post-operative questions, contact the Neurosurgery Clinic at (415) 353-2241 and ask to speak with our nurse practitioner, Mariann Ward. If she is not available, our office staff will help redirect your call appropriately.

For emergencies during evenings or weekends call the Neurosurgery Department at (415) 353-7500 and ask to speak with the neurosurgeon on call.

## Follow-Up Appointments

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Follow-up appointments will be scheduled for you with the Neurosurgery Clinic and the Epilepsy Center Clinic. Please contact these clinics directly if you do not know the date and time of these appointments, or are unable to keep these appointments.

### Neurosurgery Clinic:

\*Ask to speak with our Patient Navigator, Erica Terry  
400 Parnassus, 8th floor  
San Francisco, CA  
415-353-2241

### UCSF Epilepsy Center Clinic

400 Parnassus, 8th floor  
San Francisco, CA  
415-353-2437