

## Discharge Instructions Post-Operative Deep Brain Stimulation (DBS) Surgery Tremor or Dystonia (VIM or GPi)

### Caring for Your Wound

1. **Do not** get the dressings wet.
2. **Do not** remove the outer bandages.
3. If the bandages fall off, **leave them off**.
4. **Do not** clean or put any lotions or creams on the incisions.
5. Stitches come out 10 days after surgery. Make an appointment with your family doctor to have them removed.
6. After your stitches are out, you may shower.

### For the first 4 to 6 weeks

1. If you need to reach above your shoulder or behind your back, **do not use the arm on the same side as your battery**.
2. Do not do any activities where you are repeatedly pushing and pulling, swinging, or raising the arm on the same side as your battery. Examples include raking, sweeping, vacuuming, reaching up over your head, playing ball, tennis, or golf.
3. **Do not lift anything heavy**. This means do not lift anything more than 5 kilograms or 10 pounds. Examples include a handbag, a bag of groceries, or a newborn baby.

### Look for signs of Infection

1. Redness, swelling, or warmth at the incision or around the stitches.
2. A fever.
3. Pain or tenderness at the incision.
4. Pus, blood, or oozing at the incision.

If there are **ANY** signs of infection, you need to contact the DBS Clinic at **604-875-4111 ext. 69584** or Dr. Honey's office at **604-875-5894** immediately. If you can not reach them, go to your nearest Emergency Room (**VGH** is preferred).

### Follow Up

1. Your programming appointment will be \_\_\_\_\_.
2. You will be at the DBS Clinic for 2 to 3 hours.
3. Bring a family member with you.
4. After the stimulator is turned on, you may need to have 1 hour long appointments when needed to make changes to your stimulator.
5. Please Contact the DBS nurse at **604-875-4111 ext. 69584** for any questions.

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decisions together  
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and families

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