

Day Surgery for Transsphenoidal Patients and Care Going Home



TWH

Information for patients and their families

Your appointment is: _____ at _____ pm.

Please bring your hospital blue card and a copy of any blood work results that your family doctor may have done.

Pituitary Clinic ~ 4th Floor, West Wing
Toronto Western Hospital
Krembil Neuroscience Centre
Toronto Western Hospital,
399 Bathurst Street
Toronto, ON M5T 2S8
(416) 603- 5463

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University Health Network
Toronto General Hospital Toronto Western Hospital Princess Margaret Hospital

What Is The Operation I Am Having?



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A Transsphenoidal (trans-fen-ohee-dull) operation is done through the nose under general anesthesia. This means that you will be asleep during the operation. We use tools to see the area of the tumour through a very small opening. This is now done by using fiberoptic endoscopic techniques, which gives us a much wider view of this area in your nose.

Your surgeon has talked about the possible risks of the surgery with you, including:

- Changes to how your pituitary gland will work
- Cerebrospinal fluid (CSF) leak (clear fluid leaking through the nose)
- Infection
- Nose bleeds (these can happen early and later on)

The chance of these complications is low.

About My Operation

How long will my operation take?

The operation will usually take **3 to 4 hours**.

Please arrange to have a family member or friend take you home from the hospital and stay with you overnight. **If you do not have someone to take you home, your surgery will be cancelled.**

After My Operation

What will happen after my operation?

After your operation, we will take you to the recovery room where you will stay for 1½ to 2 hours. When you are stable you will be sent to the Day Surgery Unit (DSU).

Day Surgery Unit (DSU):

We will watch you closely in the DSU for at least 7 to 8 hours.

Here is what you can expect:

- Your blood pressure, pulse, temperature, and oxygen will be checked, as well as your wound site.
- You will also have an Intravenous (IV) to give you fluids and medication as needed.
- A foley catheter that was put in your bladder for your surgery lets us check your urine. We will remove the catheter a few hours after your operation.
- We will watch how much fluid you are drinking and how much you are urinating. Your nurse may ask you to keep a record of this.

Going Home

If everything is stable you will be ready to go home later in the evening between 6:00 pm and 8:00 pm on the day of surgery.

Again, it is important that you to have a family member or friend take you home from the hospital and stay with you overnight and possibly for the next 48 hours.

What Can I Expect When I Return Home?

- Mild pain or discomfort in and around your nose area.
- Some bloody (red-coloured) leaking from the nose and sometimes at the back of the throat
- Stuffy nose
- Tiredness from the general anesthetic



How Can I Cope With Pain At Home?

We will give you a prescription for pain. You should take 1 or 2 tablets every 4 hours as you need for pain. Remember: the operation is not very painful and most patients have little or no pain.

Your may also take Tylenol® regular or extra strength instead if your pain is mild. Do not take ibuprofen such as Advil® because it will slow down the healing.



What Activities Can I Do At Home?

- We encourage you to be up walking around the house, and slowly return to your normal everyday activities.
- You may do light duties around the house.

Driving

You may drive in a couple days when you feel up to it. Keep in mind you have had surgery and may feel more tired than usual.

Personal Hygiene and Care

You may take a shower, bathe, and wash your hair as usual.

Food and Drink

You do not have to eat special foods after your surgery. Eat and drink what you normally would. Do not drink alcohol for 2 days after your surgery.

What Activities Should I Avoid While At Home?

Avoid tiring activities such as:

- Lifting objects greater than 5 kilograms or 10 pounds
- Going to the gym or doing your regular exercise routine
- Contact sports
- Swimming for at least 4 to 6 weeks or until your follow-up appointment with your surgeon

What To Watch For While At Home:

How much you are urinating:

- It is normal for you to urinate more than usual at first, but this will slow down. We will give you a measuring device to take home with you and measure your urine for 2 days.

Leaking from your nose:

- It is normal for you to have leaking from your nose. Right after surgery, the leaking will be bloody and heavy at first. Then it will gradually slow down and be pink in colour over the next few days. Then it will change to yellow and eventually it will become clear and thick mucous.
- You can use tissues to wipe it away or apply a 'mustache' dressing like you had in the hospital.
- You may notice you have a few blood clots from your nose. Please do not be worried as this is normal and will stop soon.

How Should I Care For My Nose After My Surgery?

Remember: Do not blow your nose and avoid sneezing or forceful coughing for about 2 weeks. This helps the healing inside your nose.

Use a gentle normal saline (SAY-leen) nasal spray such as Salinex or Simply Saline to clean both your nasal passages. Use it as often

as possible (at least 5 times a day, but the more often the better). You can buy saline nasal spray at your local drug store and you should use it for at least 3 weeks.

Why Should I Use Saline Nasal Spray?

- Saline spray hydrates your nose so that hard crusts do not form, which may prevent your nose from healing and block your breathing.
- It can also help you feel more comfortable. For example, it can prevent a bad smell from your nose which can sometimes happen after this operation.



Follow up Care & Appointments

A nurse will give you a follow up phone call within 24 hours after you return home.

We will give you a follow-up appointment to see your surgeon in 2 to 3 weeks in the Pituitary Clinic, and your hospital card before you go home.

When Should I Call My Family Doctor?

You should make an appointment within **1 week** of going home to see your family doctor for a routine check up and blood work.

When Should I Call my Surgeon?

You should call 416-340-3155 and ask to speak with Dr. Gentili at the Toronto Western Hospital if you are:

- Having a continuous nose bleed
- Having constant clear, thin, watery leaking from your nose
- If you are urinating more than you were in hospital and getting up more than 3 times overnight to pee
- Feeling extremely tired and have low energy

Who Should I Call In Case Of Emergency?

If an emergency happens:

- Call 416-340-3155, and ask to speak with Dr. Gentili at the Toronto Western Hospital
- If you do not get an answer, go to your nearest emergency right away



When Should I Call My Neurosurgeon Or Go To Emergency Department?

- If you have constant clear, thin, watery dripping from your nose
- If you are having a constant nose bleed
- If you are urinating more than you were in hospital and getting up more than 3 times overnight to pee
- If you feel extremely tired and have very low energy
- If you get a fever (which is 38.5°C or 101°F)

For any routine questions and non-urgent calls please call:

Nurse: Beverly Banton at 416 603-5800 ext. 3538

Surgeon: Dr. Gentili at 416 603-5250

Special Instructions For You:
