

Home Care After Stereotactic Radiosurgery

Follow Up Visit

Your follow-up visit is on _____.

Fluids

The day of and day after the procedure, drink extra fluids to flush the IV contrast from your system. Try to drink 1 to 2 quarts extra.

Diet

You can resume your normal diet after the procedure.

Swelling

You may have some puffiness around the eyes, starting about day 2 or 3 after treatment. This is normal and should go away by itself.

Starting the day after radiation, you can place cold cloths on your eyes to help reduce the swelling. Put the cloths on for about 20 minutes at a time, 3-4 times a day. Keep using the cold cloths for about 4 days.

Pain

You may have some pain, tenderness, or numbness around the pin sites for a few days to a few weeks. This is normal and should go away by itself.

Activity

You may feel a little tired for a day or two. You can be as active as you want.

Bathing

You should not wash your hair for at least 2-3 days after the treatment or until the pin sites have healed

Pin Site Care

Gently wash the pin site area twice a day. Apply a small amount of antibiotic ointment to the site. The pin sites may drain or even bleed a little tonight.

Signs of Infection

Check your pin sites twice a day for the next 3 days to watch for any signs of infection.

These include:

- Increased swelling
- Redness
- Drainage
- Fever above 100° F

Bleeding

If you are taking blood thinners, you may have bleeding from a pin site. If this occurs, place clean gauze on the pin site and hold pressure. If you cannot get the bleeding to stop after 5-10 minutes of pressure, call the doctor on call, go to urgent care or seek medical help right away.

Special Medicine Instructions

When to Call

- Increasing or severe headaches that are not relieved by Tylenol[®]
- Headaches that occur daily or several times a day, even if relieved by Tylenol[®]
- Headaches with nausea and vomiting
- Nausea or vomiting
- Any change in strength or sensation (numbness or tingling)
- Being clumsy or problems with the movement of a hand or leg
- Changes in vision, hearing or speech
- Balance, dizziness or trouble walking
- New onset of confusion
- New or worsening seizures

Who to Call

Radiotherapy Clinic
(608) 263-8500

If the clinic is closed, your call will be transferred to the paging operator. **Ask for the radiotherapy doctor on call.** Give your name and phone number with the area code. The doctor will call you back.

The toll-free number is **1-800-323-8942.**

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 12/2021. University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#5486