



P 303-783-8844 | F 303-783-2002 | [cbsi@cbsi.md](mailto:cbsi@cbsi.md)

## Pituitary Tumor Resection Post Operative Instructions

### What kind of nasal care do I need?

- Avoid blowing your nose.
- Avoid any intranasal medications unless otherwise directed by the access surgeon (ENT) or your neurosurgeon.
- Call the ENT office and/or our office if you experience nasal discharge.
- **Follow-up with your ENT as directed; typically, 1-2 weeks postoperatively.**

### What are my restrictions?

- Avoid strenuous activity/exercise; light walking is encouraged.
- No lifting greater than 10 pounds.
- Avoid bending as much as possible.

### What medications can I take?

- Take medications as directed on your hospital medication reconciliation; directions will also be printed on your prescriptions/bottles.
- If you have been started on steroids or other endocrine medications, be sure to follow-up with your endocrinologist postoperatively to determine continuation.
- Avoid taking any NSAIDS for 2 weeks postoperatively.
- Please monitor your refills closely and allow **3 business days for refill requests** to be processed.
- Opiate prescriptions must be picked up at the office, or may be mailed, but cannot be called into pharmacies due to government regulations.
- If you have been discharged with changes to medications prescribed by other providers (PCP, cardiologist, rheumatologist, neurologist,

pulmonologist, endocrinologist, etc.), please follow-up with the respective provider for further recommendations.

- Per our office policy, which is guided by government policy, we are only able to provide prescriptions for 3 months postoperatively; should you require medications thereafter, we will recommend pain management specialists to follow-up with if your PCP is not comfortable providing refills.
- Please have your pharmacy fax non-opiate prescription refill requests to us directly at **303-783-2002**.

### Diet

- Eat a regular diet as tolerated.

### How to deal with constipation:

- Increase fluid intake.
- Increase physical activity (walking).
- Eat fiber-rich foods.
- Recommended over-the-counter medications include Colace (twice daily), Miralax (once or twice daily), magnesium citrate, milk of magnesia, Senna, suppositories, and Fleets enemas.

### Emotional Recovery

Surgery places stress on the body's reserves. Feelings of tiredness and discouragement are normal as preoperative symptoms slowly subside. Prescription pain medications can alter sleep patterns, bowel movements, and emotional responses. A positive attitude and patience are needed for successful recovery from any surgery. You will find that each day you will feel a little better.

**If you have any questions, please do not hesitate to contact us. You can send an email to [cbsi@cbsi.md](mailto:cbsi@cbsi.md), send us a message through your secure patient portal, or give us a call at 303-783-8844.**



P 303-783-8844 | F 303-783-2002 | [cbsi@cbsi.md](mailto:cbsi@cbsi.md)

## Pituitary Tumor Resection Post Operative Instructions

Your recovery is unique, as you are a unique person. By preparing ahead of time, you will feel more at ease with the entire surgery process.

### When can I return to work?

- This will be determined on an individual basis during your post operative appointments, and will take into consideration your work duties and requirements. We will fax letters of Release to Return to Work to employers once dates and restrictions are determined.
- If you have additional short-term disability paperwork that needs to be processed by our office, please mail or fax it to us as soon as possible, and allow up to 30 days for completion. The first set of short term disability forms will be completed free of charge. If you require additional forms for your job, there will be a \$25 charge for each additional set. No long-term disability paperwork will be processed by our office. Please consult our website at [www.cbsi.md](http://www.cbsi.md) for additional information on these policies.

### Follow up with your other providers:

- If you have been discharged home with oxygen, please follow-up with your primary care provider for further recommendations.
- If you have been discharged with a urinary catheter, please follow-up with Urology or your PCP.

### Follow up with CBSI:

You will follow up with a physician assistant or your surgeon. Please call our office if you have any questions, our office phone number is **303-783-8844**.

**If you have any questions, please do not hesitate to contact us. You can send an email to [cbsi@cbsi.md](mailto:cbsi@cbsi.md), send us a message through your secure patient portal, or give us a call at 303-783-8844.**