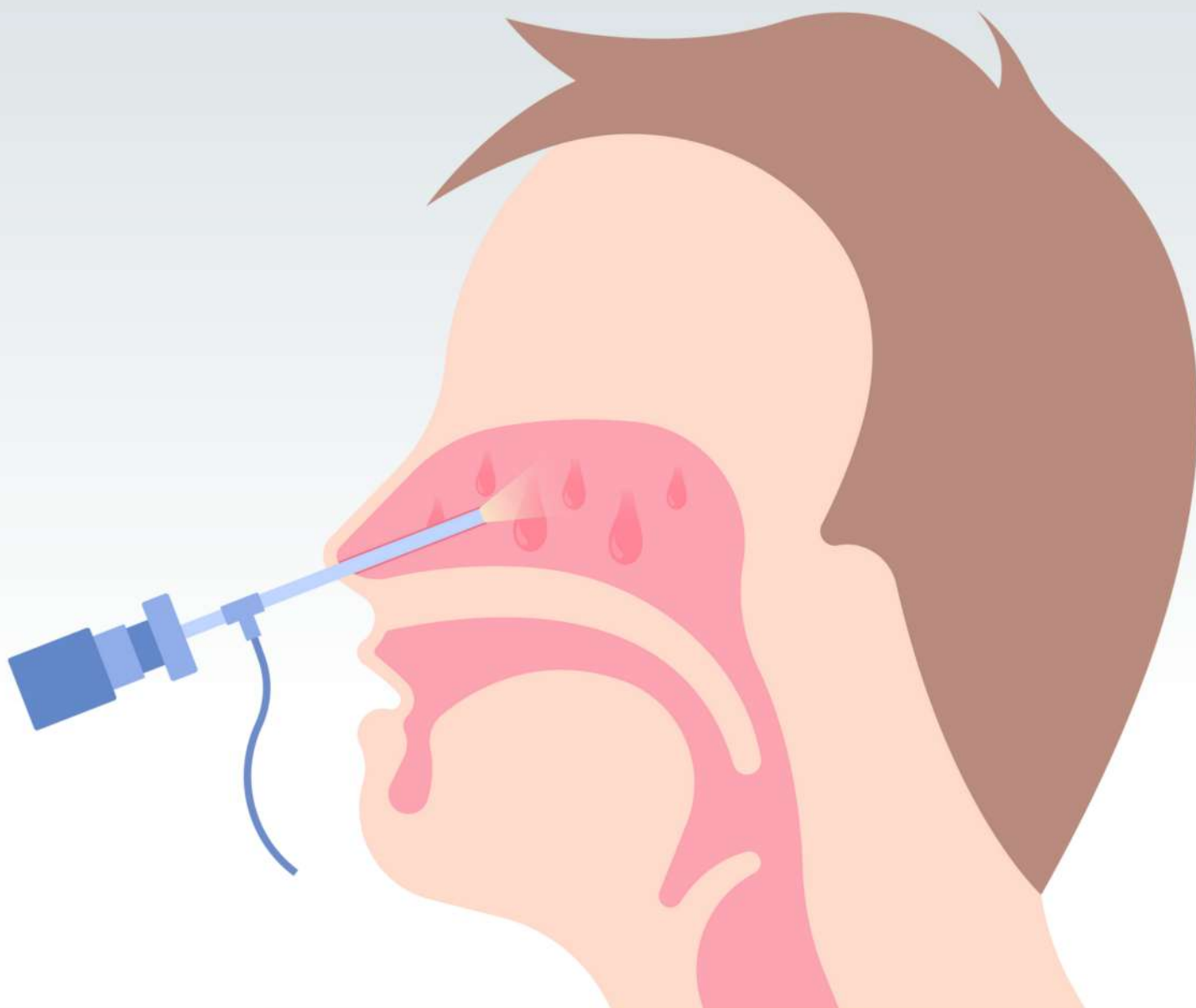


Transsphenoidal Surgery

Patient guidebook on
Enhanced Peri-operative Care (EPOC)

Date of surgery: _____



Contents

Introduction	3
<ul style="list-style-type: none">• Understanding your surgery	
Preparing yourself for surgery	4-6
<ul style="list-style-type: none">• Pre-operative assessment• Stop smoking and alcohol• Hair preparation• Staying active• Eating well and eating right	
On the day of surgery	7
After surgery	8-9
<ul style="list-style-type: none">• Resuming daily activities• Wound care• Follow up care	
After discharge	10
<ul style="list-style-type: none">• What you can eat• Managing pain at home• Continuing activity and movement• Things to take note of	

Introduction

This guidebook aims to help you understand and prepare you for the upcoming surgery. Your doctors and nurses will guide you throughout the entire process, from pre-surgery preparations to post-operative recovery. This guidebook will also provide guidance on how you can actively contribute to your recovery. Our goal is to help you be prepared both physically and mentally for the journey ahead, and to ensure a seamless surgical experience and comfortable recovery period.

Important note:

Please bring this guidebook with you to the following appointments:

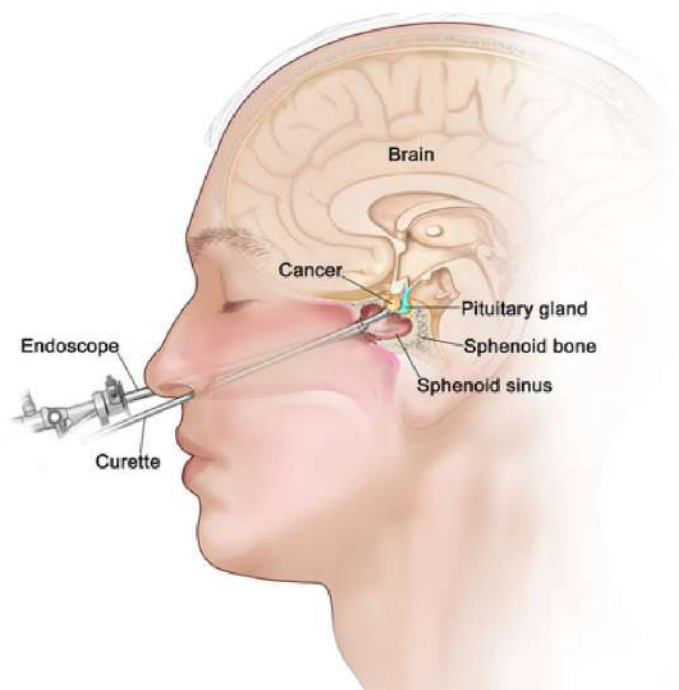
- Anaesthesia, Pain Management Clinic (APAC) counselling
- Nutrition and Dietetics Service
- Physiotherapy
- Short Stay Unit (on the day of surgery)

Things to bring to APAC appointment:

- Current medications that you are taking, including the packaging
- Any medical investigation reports done in private hospital or clinic settings

Understanding your surgery

Transsphenoidal surgery is performed by neurosurgeons to remove a tumour/cyst from the pituitary regions through the nose.



Preparing yourself for surgery

Pre-operative anaesthesia assessment

The doctor or nurse at APAC will perform a pre-operative anaesthesia assessment to ensure that you are suitable and ready for the surgery. They will also provide you information on different types of anaesthesia and pain management options during and after your surgery, based on your health profile. The best and safest routes for anaesthesia and pain management will be recommended for you after the assessment.

Stop smoking and alcohol

Smoking and alcohol consumption can cause complications, such as infection and flap failure, after your surgery and result in a slower recovery. Please let us know if you are keen to stop smoking before your surgery and we can support you through this journey.

You should stop smoking and alcohol consumption at least 2 weeks before your surgery. This will help your body to heal faster from the surgery.



Hair Preparation

Please wash your hair in the evening before your surgery as you may not be able to do so afterward until the stitches are removed.



Eating well and eating right

Nutrition plays a crucial role before surgery because it affects the speed of your recovery. Remember to consume a well-balanced diet consisting of rice, meat and vegetables. Your doctor may refer you to a dietitian for advice, should they feel that you need to improve your nutrition before your operation.

Avoid supplements and traditional medications 2 weeks before your surgery, unless prescribed by your doctors. Please consult with your doctor if you need any clarification.



Staying active

Undergoing a major surgery is like running a marathon as the body is subjected to high levels of stress. It is recommended that you optimise your fitness by exercising regularly before your surgery. Simple exercises like a 15 to 30 minute walk is better than being physically inactive. Staying fit will enhance your recovery from surgery and likely help you to return to normal activities faster.

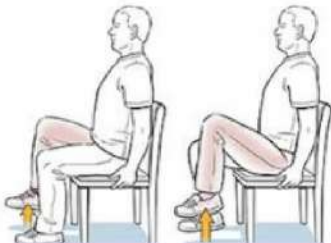
If there are no general restrictions from your doctor, aim for 150 minutes of moderate-intensity exercise per week (as a guide, you are still able to talk but not sing during a moderate-intensity activity). You may break the exercise in intervals of 10 to 30 minutes or as tolerated. Aim to be active during social or family activities.



Here are some exercises that would be useful for you:

□ Seated Marching

20 repetitions
3 times a day



□ Ankle pumps in sitting or lying



20 repetitions
3 times a day

□ Sit to stand:



5 sec hold, 10 repetitions
3 times a day

□ Breathing control

10 reps



Endurance exercises like walking, cycling or swimming will also be beneficial in improving your body's condition for the surgery. Do ensure that you work within safe intensity levels while you are exercising. Always consult your doctor or physiotherapist if you are unsure of how much you can do.

On the day of surgery

One day before your surgery, you will receive a call from the Day Surgery Centre and be advised on the reporting details.

Here's what to expect on the day of your surgery:

1. Registration at the Short Stay Unit (SSU)

Please arrive at the SSU and register yourself for the surgery. Once registration is completed, our nurses will attend to you shortly and direct you to an assigned bed.

2. Pre-operative preparation at the Prep Holding Area

Your nurse-in-charge will provide you with instructions to change into a hospital gown and remove your jewellery and belongings for safekeeping. Your nurse will also gather information from you to ensure you are fit for the surgery. The surgical team will complete the final assessment to review your health condition. The surgical nurse will then bring you to the induction area.

3. Preparing for anaesthesia administration at the induction area

The anaesthetist will set an intravenous cannula and then prepare you for anaesthesia administration. From there, the surgical team will bring you to the operating room and prepare you for surgery.

4. Post-surgery monitoring at the Post Anaesthesia Care Unit (PACU)

After the surgery, you will be sent first to the Post Anaesthesia Care Unit (PACU) for close monitoring before being transferred to the ward. You may be given oxygen through a mask or a tube in your nose to help you feel better. You may also have intravenous drip, urine tube or drains from your surgery site. You will be encouraged to do early leg movements and exercises on the bed at the recovery unit once you have woken up from your surgery.



After surgery

You may hear beeps, buzzes and alarms from equipment such as bedside monitor or infusion pumps, which are frequently used to deliver fluids and medications more accurately. Nurses will help you to put on compression stockings and calf pumps to reduce the risk deep vein thrombosis in your legs.



You will be examined frequently by nurses to ensure your wellbeing. This includes examining your limb power, eyes, and alertness by asking some questions and to move your hands and legs. It is important for you to respond even if you think is repetitive.

Do let the team know that if you are experiencing extreme thirst, pain, clear fluid dripping /bleeding from nose or visual changes promptly.

You can use the table below to guide how much medication you need to manage your pain:



Please note the following precautionary measures after your surgery:

- Refrain from digging or blowing your nose
- Avoid straining, coughing and holding your breath
- Sneeze with your mouth open
- Please obtain clearance from your ENT doctor before Antigen Rapid Test (ART) test
- **NOT for polymerase chain reaction (PCR) via nose lifelong**

Resuming daily activities

It is also important to start moving out of bed and walking as soon as you are able, to prevent complications such as chest infections and blood clots from forming in the veins of your legs. Your nurse and physiotherapist will assist you in resuming your normal daily activities after your surgery.

Wound care

The nurse will explain to you about wound care and shower schedule after your surgery. Depending on your condition, different wound-closure products and dressings may be applied as guided below:

Sutures/staples

- The sutures/staples may stay for 7-14 days or longer, as determined by your surgeon
- Keep wound and dressing clean and dry until the stitches or staples have been removed and when the wound is properly healed
- Do not scratch, stretch or massage the area
- Do not apply anything onto your wound unless instructed by your doctor
- Do not use hair products such as spray, gel, cream and dye in the next 3 months

Follow-up care

You will be referred to the polyclinic or your family doctor to change your wound dressing and/or remove the stitches or skin staples, if any.

You will also be given a follow-up appointment to see your doctor at the Specialist Clinic.



After discharge

What you can eat

You may resume eating and drinking normally upon returning home. We recommend you eat food rich in protein to help you build muscles, improve your immune system and promote wound healing. Food rich in fibre may help in bowel movement. Please avoid alcohol and traditional medicine.

How to manage pain at home

You will be given oral painkillers upon discharge to help you reduce your pain and aid in your rehabilitation. We recommend you to take regular oral paracetamol for a few more days after discharge from hospital and reserve the stronger pain medication only when you need it.

Continuing activity and movement

After surgery, you may experience fatigue for weeks. However, you should stay active with light activities, like walking at home.

You should avoid the following activities for least 4 to 6 weeks after the surgery:

- Lifting any load above 5kg
- Activities that causes you to hold your breath and push, such as lifting heavy object or straining when passing motion
- Strenuous exercises and contact sports

Please seek advice from your doctor regarding driving and air travel.



Things to take note of

If experience severe pain, fever, nausea or repeated vomiting, please contact us immediately or visit the Emergency Department.

You should also seek immediate medical attention if you experience breathlessness or notice fresh bleeding from surgical wound or drains.

For any enquiries about this booklet, please contact us at 6363 3000.

Contributed by Enhanced Peri-operative Care (EPOC) Work Group

This brochure is produced for educational purposes and should not be used as a substitute for medical diagnosis or treatment. Please seek the advice of a qualified healthcare provider before starting any treatment or if you have any questions related to your health or medical condition.

Information shared is accurate as of April 2024 and subject to revision without prior notice.



Scan QR code to download e-brochure