



## **Inland Neurosurgery Institute**

BRAIN, SPINAL, STEREOTACTIC, AND MICRONEUROLOGICAL SURGERY

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## **Discharge Instructions – Halo**

### **Activity:**

- Your clothes should be loose to fit over and around the vest.
- Move slowly & with caution, the halo is top heavy and your balance will be affected.
- Use a pillow behind your back & knees and a rolled towel behind your neck while asleep.
- Due to your limited range of vision, you should not drive or operate any motorized vehicles
- Start slowly but increase your activity at your own pace; begin a walking program

### **Pin Care:**

- Pin sites should be cleaned twice a day using cotton swabs soaked in peroxide. Use a new swab for each pin to avoid moving contamination from one pin site to another.
- Report signs of infections (such as bleeding, oozing, or scabbing) to your physician.
- Be sure to keep the pin site clean and dry at all times.

### **Daily Care:**

- Showers are not permitted because the liner will absorb water and cause skin problems.
- Daily washing under your vest can be accomplished by using a damp cloth.
- Keep the skin under the vest and liner as clean and dry as possible.
- Remove excess oil & keep the skin dry; occasional use of rubbing alcohol is permitted.
- Check the skin under the vest for redness, breakdown, or sores by using a flashlight (do not remove the vest) to view under the vest/liner daily. If irritation exists, report it to your physician.
- Never use lotion, powder, or soap under your vest. This can cause skin irritation.

### **Call Doctor's Office for:**

- Loose pins, nuts, or bolts. Avoid excessive movement until the halo has been tightened.
- Swelling, drainage, or redness of pin sites
- Fever of greater than 101 F degrees
- Increased pain, numbness, or weakness in your arms or legs
- Chest pain or shortness of breath
- Signs of skin breakdown

### **Shampooing Hair:**

- Lie on a flat surface with your head dangling over the edge.
- Protect the halo liner with a towel and gently ease hair through the halo.
- Wash hair normally without bumping the pins.
- Use a pitcher to rinse the hair & hand dry the hair carefully.
- Clean and dry the pin sites after each washing.