

925 Gessner
Suite 500
Houston, Texas 77024
713-464-6245



DISCHARGE INSTRUCTIONS FOR DR. MORADI'S PATIENTS:

Transphenoidal /PITUITARY TUMOR SURGERY

1. Please call the office and make an appointment with Dr. Moradi for 14 days from the date of discharge from the hospital.
2. You may shower after you are discharged from the hospital.
3. **No heavy lifting over 5 pounds** for 8 weeks. Please **take frequent walks**, but do not overexert yourself.
4. **Avoid dehydration.** No alcoholic beverages. Please do not smoke cigarettes or use any tobacco products.
5. **No work, driving, or travel** until Dr. Moradi gives permission to do so.
6. **Do not brush your gums** or vigorously brush your teeth until after your first office visit with us. No objects or solutions in the nose.
7. Avoid any activity that causes you to hold your breath and push, for example weight lifting, moving heavy objects, or straining during bowel movements.
8. Follow instructions given by the Ear/Nose/Throat doctor. Do not forcefully blow your nose and try to avoid sneezing for the first week of surgery.
9. Take your prescribed medications by Dr. Moradi. If medication refills are required, contact your pharmacy and they will call the office on your behalf. If you have a medication reaction, please call Dr. Moradi at the office, (713)-464-6245. The answering service will also reach him.
10. **Please call the office if you notice any of the following:** 1) fever, 2) nausea, 3) thin watery discharge from nose/incision, 4) onset of excessive urination or thirst, 5) **vision changes**, 6) persistent bleeding from nose that does not stop
11. Please make an appointment with your **endocrinologist** for 1 week after surgery for follow up blood work.

