

FAQ Neurosurgery

What is neurosurgery? Neurosurgery is the surgical care of the brain and spinal cord. This includes many diseases and injuries of the brain, spinal cord and nerves.

What are the different types of neurosurgery procedures? Norman Regional Neurosurgery Associates team of Neurosurgeons and Physician's Assistants perform the following procedures:

- Complex spine and deformity corrective surgery
- Minimally invasive spine Surgery
- Brain tumor resections
- Peripheral nerve decompression including carpal tunnel, and ulnar nerve release in elbow
- Cervical and thoracic spinal cord stimulator implantation
- Diagnosis and treatment of hydrocephalus
- Spinal tumor resection and management
- Management of brain and spine trauma
- Kyphoplasty for vertebral compression fractures.

How do I know if I need to see a neurosurgeon? If you have had a significant injury, chronic pain, or other issues and have been treated by another provider who has advised you that you may benefit from a consult with a Neurosurgeon.

A referral from your Primary Care Dr, Pain Management, or Emergency Room needs to be sent to the clinic to be processed and scheduled. Diagnostic imaging such as an MRI or CT completed within the last 6 months will typically indicate a need for a Neurosurgical consult.

What conditions or disorders does a neurosurgeon treat?

- Spinal cord injuries
- Traumatic brain injuries
- Degenerative spinal disorders such as radiculopathy
- Scoliosis
- Cerebral hemorrhages
- Cerebrovascular conditions including aneurysms and vascular malformations
- Carpal tunnel syndrome and ulnar neuropathy
- Hydrocephalus

Who do I contact with additional questions? Call the clinic or the nurse line directly if your answers are not found on this site. If the nursing team is not able to answer your question they will contact the Surgeon and respond to your question with 24 hours. (Variables occur, if the Surgeon is in surgery, or out on leave.)

What will my recovery be like? Recovery varies cases to case and may factors contribute to this. Recovery continues after leaving the hospital and will depend on the surgery, the patients' health prior to surgery and the patient's goals. This phase will involve rest, gradual activity, and rehabilitation. Patients work on getting back their mobility and managing pain, while coping with changes. Treatments

after surgery may include physical therapy, occupational therapy, and rest. You will receive a two week post-operative appointment with a provider, then as needed beyond that. Any medications used for the management of pain will be tapered with a goal to have all patients off pain medicine as soon as possible.

How long will I stay in the hospital? Many factors contribute to this, with the two primary variables being the type of surgery and the health of the patient prior to surgery.

How long will I see the neurosurgeon for? When will I see primary care? If you are not a surgical candidate you will be referred back to your primary care physician or other provider for the management of your care. If you are a surgical candidate you will remain under the care of the Neurosurgical Team as you are navigated through the surgical process. Post operatively you will be seen at regular intervals, until the Neurosurgical Team feels your condition can be managed by your Primary Care provider.

What are non-surgical options?

- Physical Therapy
- Occupational Therapy
- Pain Management
- Massage

What do I bring with me to my appointment? A recent (within 6 months) copy of all Diagnostic Imaging, most places will provide you with a disc of your images, we can load in our system. A list of all current medications, all other treatments you have received, a copy of your driver's license and insurance card, as well as any paperwork you receive from the clinic to be completed prior to your appointment.

Will the clinic make referrals for me to PT, speech, occupational therapies that I'm in need of? Yes, the clinic will make appropriate referrals. These are often required treatments prior to surgery to assist with diagnostics, and to find if there is a better option for the patient than surgery.

How long does a typical neurosurgery procedure take? This varies from case to case based on the type of procedure being performed.

Will I have any limitations or restrictions after neurosurgery? The time and type of limitations after surgery vary from patient to patient. These will be discussed in your pre-operative appointment. Most patients can expect to be on some form of restriction for at least two weeks post-operation. Common restrictions include not driving while on pain medications, no lifting or weight restrictions, bracing as needed, use of ice, and rest.

What is the success rate of neurosurgery procedures? This depends on the health of the patient, the patient's willingness to follow directions by the Neurosurgical Team, the patient's health prior to the case, other health conditions, severity of injury/disease.

How can I prepare for neurosurgery?

- Set up travel arrangements to and from surgery as well as for your post-operative appointments
- Pack belongings for your hospital stay, such as glasses, and clothing.
- Prepare and freeze healthy meals you can easily prepare after your procedure

- Make child or eldercare arrangements
- Work with your surgical team to prepare all paperwork required for your place of employment.
- Adjust furniture in your home to prevent barriers after you arrive back home
- Collect movies, magazines and books to help keep you entertained during your recovery
- Make sure you have access to someone able to assist you with daily tasks depending on your limitations

Will I be awake during neurosurgery? No, you will be under general anesthesia

How experienced is the neurosurgeon performing the procedure? Our dedicated team of board-certified neurosurgeons includes Clay Cochran MD and Michael Martin, MD each have over ten years' experience and positive outcomes. They specialize in surgical care for patients with complex neurological conditions. Norman Regional's neurosurgeons provide advanced diagnosis, treatment and care using the latest technology and minimally invasive surgical techniques.

Will I have visible scars after neurosurgery? Scarring will depend on the type of surgery you have, some scarring will likely be visible, but our team of caring Neurosurgeons go above and beyond to keep scarring as minimal as possible.

Are there any long-term effects or complications from neurosurgery? Depending on the extent of injury or illness as well as the type of surgical procedure play a vital role in long term affects. Some patients display no long term effects or complications. Some patients will note a major improvement of pain/complications after the procedure than before. It is our goal to ensure each patients symptoms are addressed, monitored and cared for on an individual bases and limit any long term effects and complications.

How can I find a qualified and experienced neurosurgeon in my area? Look no further than Norman Regional Health System's Neurosurgery Associates. Our team of dedicated and caring Neurosurgeons will be able to assist you or facilitate referrals to other specialties based on your independent needs