



## WHAT IS TRANSSPENOIDAL SURGERY?

- Your doctor has diagnosed a tumor in your pituitary gland.
- The pituitary gland is about the size of a dime and found at the base of the brain. It produces many hormones. It is called the “Master gland.”
- Surgery is a common treatment for these tumors. “Transsphenoidal” means through the sphenoid sinus. The approach is through the nose or under the upper lip.
- Rarely is it necessary to remove the entire pituitary gland. Only the tumor is removed and the gland is carefully preserved.

## HOW DO I GET READY?

- We will let you know when to come to the UVa Surgical Admissions Suite before your surgery. You will have tests, be given information and forms, and meet with some doctors.
- All jewelry, nail polish, make-up, dentures, eyeglasses, or contact lenses must be removed. You will wear a hospital gown and a hospital identification bracelet; you may not wear anything else to the operating room. Jewelry, money, clothes, or other valuables should be given to your family.
- Your family will be asked to wait in the Surgery Family Waiting Lounge on the first floor of the hospital. The doctor will let your family know when the surgery is over.
- When it is time for your surgery, you will first go to an area to get ready. You will have an intravenous (IV) line in your arm. The medicine will make you sleepy. Next you will go to the operating room. During the surgery a small incision may be made in your abdomen to get a piece of fat to fill-in where the tumor is taken out. The surgery will take 1-½ to 2-½ hours and you will be in the operating room about 3 to 3-½ hours.

## WHAT HAPPENS AFTER SURGERY?

- After surgery, you will be in the recovery room. The nurses will take care of you until you are fully awake. You will have at least one IV in your arm, may have packing in your nose and a dressing under your nose, and an oxygen mask. You should not sneeze or blow your nose.
- On the first day in your Hospital Room (usually on 6West) you will be monitored and we will check your vital signs often. Your pupils will be checked with a bright light and you will be asked to tell us of any changes in your vision. The frequent monitoring of your condition is important to ensure a quick recovery. You may have something to drink as soon as you are fully awake and you are not having nausea.
- Be sure to call for the nurse to help you to get out of bed. Tell the nurse if you feel weak, dizzy or are very thirsty. You will be helped to a bedside commode (toilet).
- We will monitor how much you drink. Your urine (pee) will be measured. We watch this closely because sometimes the water-saving hormone put out by the pituitary gland is out of balance. This may cause you to be very thirsty and you may urinate frequently in large amounts. You and your family will be asked to write down how much you drink and urinate.

- Each day you should take some deep breaths every hour; this will help to expand your lungs. We will take a blood sample each morning as well as a urine sample every four hours. You will also be weighed each morning.
- You will be able to get up in the chair and go to the bathroom the day after your surgery. Try not to bend over at the waist when you are out of bed. You will feel better each day and should be walking around in the halls the day after your surgery. A nurse or family member should be with you the first few times you are walking.
- You may feel congested, stuffy and have a headache. Your upper lip may be a little sore. You may rinse your mouth or gently wipe your teeth. There may be a small amount of blood draining from your nose for the first few days after surgery. Tell your nurse if you need medicine for pain or if the drainage increases in amount or changes color.
- If you have an incision on your abdomen it will be covered. You may take off the steri strips about 10 days after the surgery. Until the strips are off do not get the area wet. Cover the area with plastic wrap when you take a shower.

**PLEASE REMEMBER:**

Try very hard not to:

- Sneeze
- Blow your nose
- Bend over at the waist
- Strain or push when having a bowel movement (passing stool)

**TELL YOUR NURSE:**

- If you need medicine for pain, congestion (stuffy nose) or constipation
- If the drainage from your nose changes in color or amount
- If you feel dizzy or sick to your stomach
- When you drink fluids or urinate, so that they can be measured

If you have any questions, please write them down.

Call the Neuro-Endocrine Nurse Coordinator at 434-982-3755 or 1-800-650-2650.

At the hospital ask your nurse or doctor.