



DISCHARGE INSTRUCTIONS FOR SUB-ARACHNOID HAEMORRHAGE PATIENTS

You need to follow certain instructions and exercises.



Exercises

- Perform deep breathing exercises for relaxation and lung conditioning.
- Perform arm and leg exercises for general conditioning.
- Increase your activity slowly by going for at least 4 short walks preferably inside your home. Somebody should accompany you while you go out of the home.



General instructions

- Keep yourself well hydrated by drinking good amount of liquids
- Eat plenty of fruits and vegetables to prevent constipation
- Take your medication exactly as directed
- Get adequate rest and sleep
- Avoid swimming alone or participating in other similar activities (tub baths) if not accompanied with any one for 3 months
- Avoid driving for first 3 weeks and avoid driving alone for next 3 months
- Avoid drinking, smoking
- Avoid pushing, pulling heavy weights for 3 months
- Avoid any contact sport, cooking (alone), bike riding, working with heavy equipment/power tools.

If you experience headaches, nausea or vomiting, try lying flat with your feet higher than your head and avoid eye exposure to bright lights. Consult your doctor immediately

Follow-up with the Neuro Rehab Out Patient Department after one month.



When to contact your doctor

Call your doctor if you experience:

- Fever more than 101.4° or chills
- Confusion, memory loss, trouble in speaking or hallucinations
- Fainting or 'black outs'
- Double or blurred vision, partial or total loss of vision
- Numbness, tingling or weakness in your face, arms, hands, legs or feet
- Stiffness in your neck
- Severe sensitivity to light (photophobia) or severe headache
- Seizure, nausea or vomiting
- Trouble in controlling your bowels or bladder movements