

Gamma Knife Radiosurgery

Patient Education Guide



Leksell Gamma Knife® PERFEXION™



FloridaHospitalNeuro.com

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Gamma Knife Center

Welcome



On behalf of our entire care team, I would like to welcome you to Florida Hospital. Officially formed in 1998, the Florida Hospital Neuroscience Institute is a recognized leader in neurological and neurosurgical care and treatment in Florida. Our multidisciplinary team of experts ensures excellence in treatment, research, and care. Florida Hospital's mission — to extend the healing ministry of Christ — has inspired us to build a unique health network dedicated to providing comfort, healing and the discovery of new treatments and cures.

We're honored that you have entrusted us with your health. We look forward to caring for you.

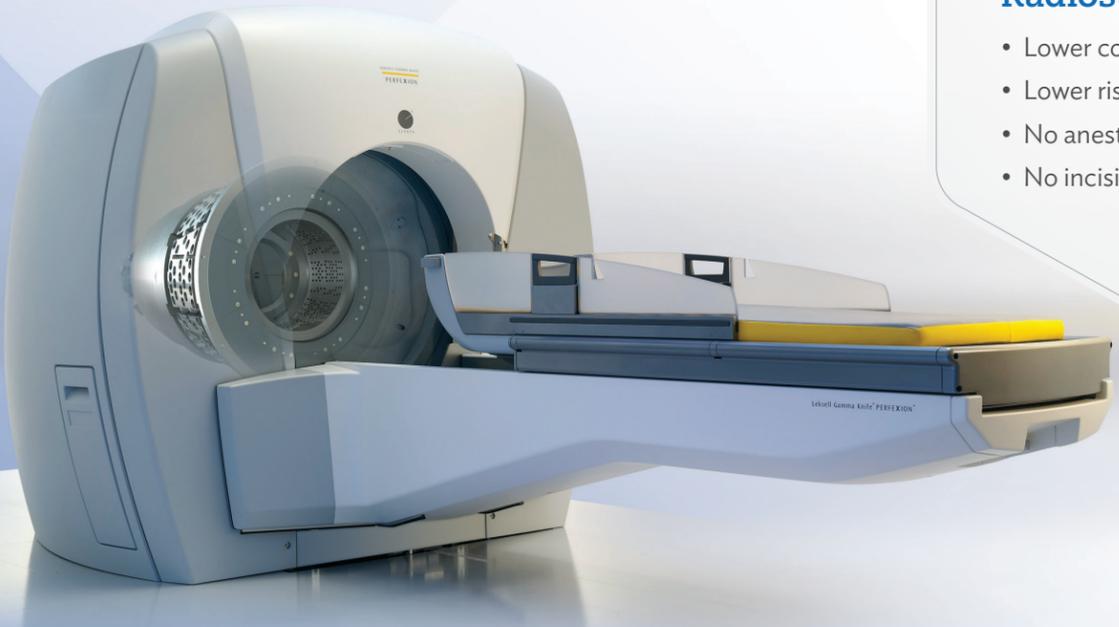
Sincerely,

Wendy Elliott
Assistant Vice President
Florida Hospital Neuroscience Institute

FLORIDA HOSPITAL: THEN AND NOW

<i>Established 1908:</i>	<i>Today:</i>
1 DOCTOR	MORE THAN 2,400 PHYSICIANS
20 BEDS	MORE THAN 2,800 BEDS
LESS THAN 10 EMPLOYEES	MORE THAN 22,000 EMPLOYEES
SERVING LOCAL ORLANDO RESIDENTS	SERVING PATIENTS AROUND THE WORLD





Radiosurgery Benefits

- Lower cost
- Lower risk of infection
- No anesthesia required
- No incision

Radiosurgery Overview

Radiosurgery is a non-invasive procedure that utilizes powerful doses of radiation to treat diseased brain tissue while leaving surrounding tissue unharmed — accurate to within one millimeter of the targeted area. The Leksell Gamma Knife® Perfexion™ radiosurgery system produces finely focused beams of gamma radiation, maximizing accuracy, safety and patient comfort.

This procedure is commonly used to treat patients with brain tumors, vascular malformations and functional disorders. It often takes less than one hour, with patients resuming their regular activities the next day. Patients do not need to stop their routine medications to undergo radiosurgery.

Gamma Knife Procedure

A stereotactic frame — a mechanical device that helps position the Gamma Knife — is attached to your head using local anesthesia and relaxation medication. After the frame is in place, you undergo an imaging study — such as magnetic resonance imaging (MRI) — to locate and target the diseased area.

Sometimes a computed tomography (CT) scan is performed for patients who have implants or a pacemaker and can't undergo MRI. Blood-vessel angiograms are performed for patients with blood-vessel malformations. Once the imaging exams are completed, a computer plan is created to define the target. This takes approximately

one hour while you rest comfortably. You are then positioned on the Gamma Knife couch, where your treatment will take place.

Treatment

Treatment times range from only a few minutes to several hours, depending on the complexity of the condition and the number of targets required. During this time, some patients may require additional relaxation medication. A large number of patients will be discharged at the end of the procedure. If you are discharged then, it is advised that you not drive until the following day.

Preparing for Your Procedure

Before your procedure, you will meet a member of our nursing team, complete necessary paperwork and address any questions or concerns you may have. Our team will help guide you through the process.

Before Your Procedure

- The night before your procedure, shampoo your hair and forehead thoroughly with an antibacterial soap.
- Do not eat or drink anything after midnight the night before your procedure.
- Bring your usual morning medications with you the morning of your procedure.
- If you are diabetic or on a blood thinner, inform the nursing staff.
- If you need pain medication during the night or in the morning, take with water and let the nursing staff know when you arrive.

Day of Your Procedure

On the morning of your procedure, report to the Gamma Knife Center on the first floor of the Florida Hospital Medical Plaza. We recommend parking in the King Street Parking Garage or in the Florida Hospital Cancer Institute parking lot. Valet parking services are also available beginning at 7:00 am at the main entrance of the Florida Hospital Medical Plaza.

- Inform the nursing staff if you are allergic to any medications or if there is a chance you may be pregnant.
- You may bring a personal music device to listen to during the procedure.
- Wear comfortable clothes for your procedure such as shorts, sweatpants and a t-shirt. You may also bring a sweater or light jacket if you get cold easily.
- Wear close-toed shoes such as sneakers.
- You must have a responsible adult available to drive you home after your procedure.

After the Procedure

The head frame will be removed after your treatment has been completed. You can then have something to eat and drink. Your family will be allowed to come back and visit with you until discharge. Once you have recovered — usually after about an hour — you will receive discharge instructions for your return home.

Discharge Instructions

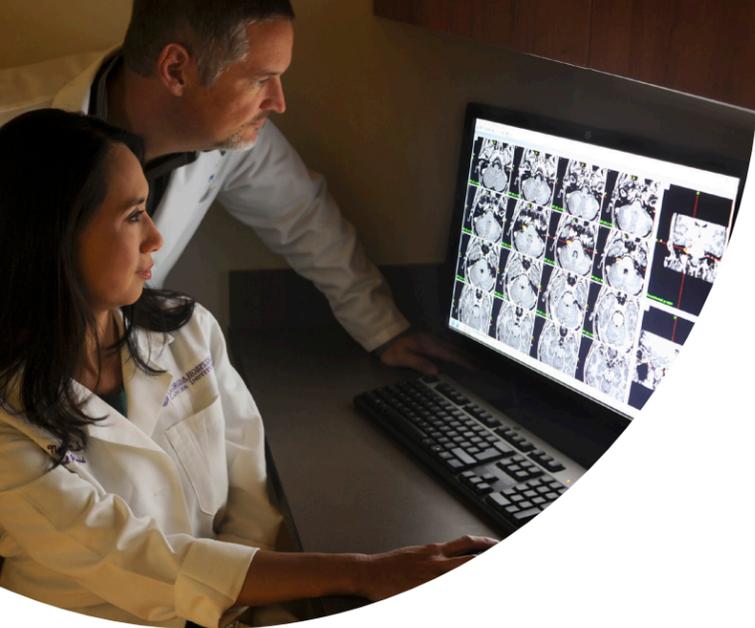
Discomfort

- Mild headache, scalp tenderness or numbness is common after the Gamma Knife procedure.
- These symptoms usually resolve over a few days to a few weeks.
- If you have discomfort or tenderness around the pin sites, Tylenol is recommended.

Activity

- Rest for the remainder of the day — fatigue is common after Gamma Knife radiosurgery.
- You may resume your usual activities the morning after your treatment.





Care of Pin Sites

- Keep the sites clean and dry.
- Steri-strips or Band-Aids may be placed over the pin sites. These may be removed the day after the Gamma Knife procedure.
- Once the tenderness has subsided, the pin sites may be cleansed with mild soap and water.
- You may shampoo your hair any time after the first 24 hours, but other hair products should not be used until pin sites are healed.
- Keep the pin sites out of the sun for one week, and then use sunscreen until fully healed to prevent scarring.

Medications

- Resume your routine medications unless otherwise instructed.

Diet

- You may resume your normal diet.
- Do not drink alcoholic beverages for the first 24 hours after your Gamma Knife procedure.

Normal Possible Side Effects

- Numbness and swelling at the pin sites is not uncommon.
- In some patients, swelling or bruising can extend down to the eyelids and may last several days. You may apply a cool compress over the eyes if needed.

- Occasional nausea up to 24 hours after treatment may occur. If this persists longer than 24 hours, contact your physician.
- The skin in the area where the radiation beams pass through may occasionally become slightly reddened.
- In cases where the Gamma Knife is treating an area close to the scalp, hair loss in that area can occur days to weeks after the procedure. If this does occur, it tends to be temporary, and new hair usually grows back with time.

When to Call the Physician

- Persistent pin-site swelling lasting longer than one week after treatment.
- Persistent bleeding from the pin sites.
- Headache not relieved by Tylenol.
- Fever greater than 101-degrees Fahrenheit not relieved by Tylenol.

After Care

It may take a few weeks or months for you to fully respond to the Gamma Knife surgery. In order to evaluate the effect of the procedure, periodic visits and follow-up imaging studies — such as MRI scans — are performed. How often these evaluations are done depends on the nature of your condition.

Your physician will review the follow-up evaluation plan with you.

If you have questions about the radiosurgery procedure or want more information, contact the Gamma Knife Center at (407) 303-7944.

Additional Instructions

Call your physician's office for a follow-up appointment:

Dr. _____ Office number: _____

In: Two weeks One month Six weeks
 Two months Three months Six months Other: _____

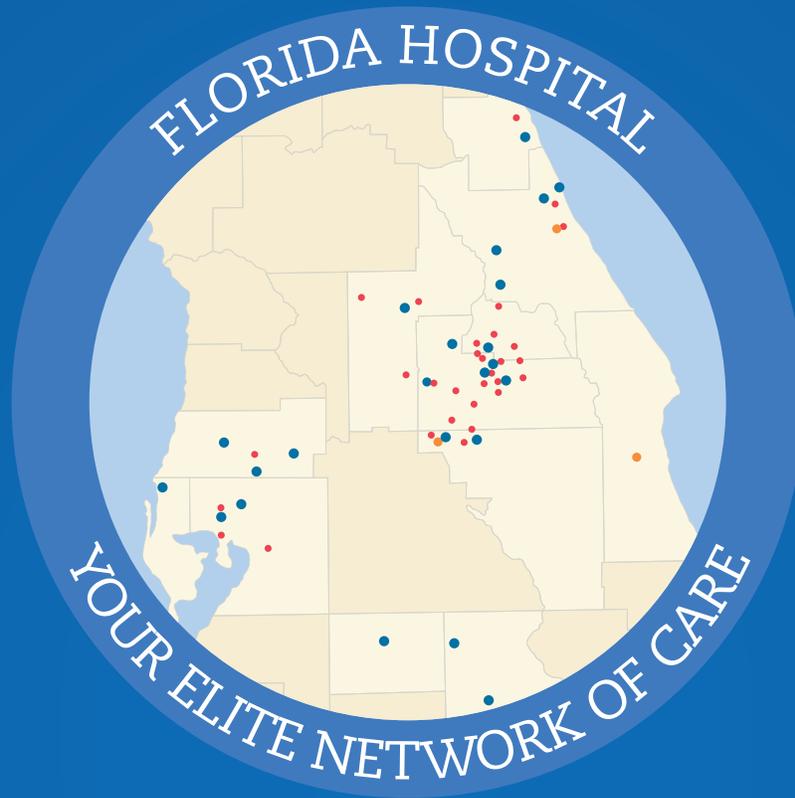
Schedule: MRI scan CT scan Angiogram Other: _____

In: Two months Three months Six months Other: _____

Welcome to the Florida Hospital Gamma Knife Center

The first of its kind in Central Florida, the Florida Hospital Gamma Knife Center was established in 1996 and has since treated thousands of patients with a variety of brain lesions. As the largest and most experienced center in the region, we're pleased to provide radiation treatment utilizing the Leksell Gamma Knife Perfexion, a noninvasive brain-surgery technique that is the only one of its kind in Central Florida.





Florida Hospital Gamma Knife Center is a trusted member of one of America's largest, not-for-profit healthcare systems.



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