

Healing from skull surgery (typically a craniotomy) is a two-part process: the **soft tissue** (skin and muscle) heals relatively quickly, while the **bone** itself takes much longer to fuse back together.

## The Healing Timeline

Phase	Timeline	What is Happening
<b>Initial Wound Healing</b>	1 – 2 Weeks	Incision closes; staples or stitches are usually removed during this window.
<b>Early Recovery</b>  this was the length of my stay at pen health the 4th or 5th time.	<u>2 – 6 Weeks</u>	<u>Brain swelling subsides, and energy levels begin to return. Most patients can return to light activity.</u>
<b>Intermediate Healing</b>	3 – 6 Months	The "bone flap" begins to produce new bone tissue to bridge the gap. Most "daily life" restrictions are lifted.
<b>Full Bone Fusion</b>	6 – 12 Months	The bone is typically fully fused and stable, similar to how a broken leg or arm heals.

## Key Milestones and Expectations

- **The First 48 Hours:** You will likely be in the ICU or a high-dependency unit for monitoring.<sup>1</sup> This is the period of highest risk for brain swelling or bleeding.
- **The "Six-Week Wall":** Many patients feel a surge of fatigue around the 4–6 week mark. This is normal as the brain uses a massive amount of energy to repair itself.
- **Physical Sensations:** It is very common to feel "clicking," "popping," or "whooshing" sounds in the head for several weeks.<sup>2</sup> You may also experience numbness around the incision or jaw stiffness, which can take months to resolve.

## Safety and Activity Restrictions

To ensure the bone heals correctly and the brain remains protected, surgeons generally advise:

- **No Heavy Lifting:** Avoid lifting anything heavier than 5 lbs (a gallon of milk) for at least **6 weeks.**<sup>3</sup>
- **No Strenuous Exercise:** Most "high-impact" activities (running, weightlifting) are restricted for **2–3 months.**
- **No Contact Sports:**<sup>4</sup> Sports with a risk of head impact (football, boxing, etc.) are often prohibited for **6 months to a full year** until imaging confirms the bone is solid.

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## Factors That Affect Your Speed of Healing

- **Age:** Younger patients typically regenerate bone faster than older adults.<sup>5</sup>
- **Nutrition:** A diet high in protein, Vitamin D, and Calcium supports bone regrowth.
- **Smoking:** Nicotine significantly slows down bone fusion and increases the risk of infection at the incision site.
- **Underlying Conditions:** Conditions like diabetes or previous radiation therapy in the area can extend the recovery timeline.<sup>6</sup>

### [!IMPORTANT]

When to call the doctor immediately: If you notice clear fluid leaking from the wound, a "mushy" swelling under the skin, a fever, or a sudden, severe "thunderclap" headache.