



DISCHARGE INSTRUCTIONS FOR VENTRICULOPERITONEAL VP SHUNT PLACEMENT

After your surgery there are several points we would like you to keep in mind.

Most patients will be able to maintain a fairly normal level of activity following surgery. We do ask that you adhere to the activity restrictions described, as well as note some of the other care instructions. We value your health, well-being and comfort. If you do have any questions or issues related to your recent surgery, please feel free to call our office at 301-585-7900. Please leave a message and one of our practitioners will return your call.

Activity Restrictions

Activity is the most important measure you can take to prevent complications and to begin to feel like yourself again.

- Increase your activity slowly; do not do too much because you are feeling good. Walking is a good exercise. Go for at least four short walks a day, even if inside your home.
- If you feel light headed or fatigued after increasing activity, rest, decrease the amount of activity that you do, and begin building your tolerance to activity more slowly.
- You may resume sexual activity as your tolerance allows.
- DO NOT DRIVE until you speak with your physician.
- Do not lift objects over 10 pounds until approved by your physician.

Dressing Removal & Wound Care

- We ask that you monitor your incision for any significant swelling, redness or drainage and notify us promptly if you notice any of the above.
- You may be discharged from the hospital with a dressing over the incision. We ask you remove the dressing within 1-2 days following your surgery.
- You will have either staples or sutures, they need to be removed within 7- 10 days following surgery. Please call our office to setup an appointment for suture/staple removal.
- Keep your incision clean and dry.
- Do Not apply any lotions, ointments or other products to your incision unless directed by your physician.

Showering & Bathing

- You may shower within 4 days of your procedure. We ask that you refrain from soaking in a bathtub, hot tub or pool for the first four weeks. Do not rub the incision.
- You may wash your hair with a mild shampoo (Baby Shampoo). Please do not rub the incision.
- DO NOT use a hair dryer after washing your hair and do not brush your hair away from the incision since this will put strain on the suture line.

Smoking

- Smoking delays the healing process thus we ask that you refrain from smoking.

Eating & Drinking

- You may resume a normal diet following your procedure. We ask you refrain from alcoholic beverages especially while taking pain medication.

Constipation

- You may be constipated after your surgery, so increase your intake of fiber (fruits and vegetables) and fluid (unless instructed otherwise).
- You may use your choice of over-the-counter laxatives (such as Senokot S, Dulcolax, Colace, or Milk of Magnesia).
- If you do not have a bowel movement, use an over-the-counter enema (i.e. Fleets Enema) as indicated on the bottle.
- If you are still unable to have a bowel movement, or have nausea, vomiting or abdominal bloating, contact your family doctor for instructions.

Medication

Blood Thinners

- You may resume your usual medications immediately after surgery, with the exception of any blood thinning agents, anti-inflammatory agents and aspirin based products.
- Blood thinning agents such as coumadin, plavix, heparin and aggrenox may usually be restarted within 10 days of surgery, so long as there has been no recent incisional swelling or drainage. We will specify when it is okay to resume these medications.

Pain Medication

- Pain medication such as Oxycodone will be prescribed prior to discharge. You may use Extra Strength Tylenol for less severe pain. Do not exceed 3 g in a 24 hour period. Do not take Tylenol if you have live issues.

Return to Work

- Dr. Amini/ Dr. Cobb will inform you when you are ready to return to work. It usually occurs on the 4th week with increasing work hours.
- Please bring any FMLA paperwork to the office for us to fill out.

Special Instructions For VP-Shunt Patients

- In the future, if you require an MRI of your brain, you must always get a skull x-ray, before and after, the MRI. This is done to make sure that the MRI does not affect your shunt.
- In the future, if you require an MRI for any reason please contact our office we might need to reprogram your VP-Shunt.
- In the future, if you ever require dental work or any other type of procedure that involves making an opening in the skin (for example surgery), you will have to take antibiotics before your the procedure. This is done to prevent shunt infection. Make sure you relay this information to the person doing your dental work or surgery. They will give you a prescription for an antibiotic or, you may call Dr. Amini's office for a prescription.

Office Follow Up

- We recommend regular office follow-ups following your surgery.
- We recommend follow-up visits 4 weeks, 3 months and 6 months after surgery.
- If you develop any new signs or symptoms before a scheduled follow up and need to be seen, please contact our office.

Please call our office at **301-585-7900** if you notice any of the following signs or symptoms:

- Confusion, fainting, blacking out, extreme fatigue, memory loss, or difficulty speaking.
- Double, or blurred vision. Loss of vision, either partial or total.
- Stiff neck and/or fever with a temperature greater than 101.5 degrees F.
- Hallucinations
- Severe sensitivity to light. (Photophobia)
- Seizure
- Severe headache or change in headache.
- New neurologic symptoms including numbness, tingling, or weakness in your extremities or face.
- Swollen, painful calf with or without fever.
- Significant redness, swelling or drainage from the incision site.
- Significant clear fluid drainage from the incision site.

NOTE: If you are unable to reach our office and have noticed any of the above conditions, please report to the nearest Emergency Room for prompt medical attention.

Practice Locations:

1300 Spring Street, Suite 210, Silver Spring, MD 20910

9905 Medical Center Dr., Suite 300, Rockville, MD 20850

2900 Mercy Lane, 2nd Floor, Cheverly, MD 20785