



INSTRUCTIONS AFTER PLACEMENT OF YOUR VENTRICULO-PERITONEAL SHUNT

- Your cranial incisions will be closed with staples or sutures. Please contact the office for an appointment to have these removed.
- The abdominal incisions will be closed with steri-strips, or surgical glue. These wear off on their own and require no removal.
- Never apply ointments or lotions to these incisions.
- Please keep the cranial incisions dry for the first three days postop (you can shower with a shower cap in place). You may shampoo your hair after the third postop day.
- No tub baths, pools, or hot tubs for two weeks, to allow healing of the abdominal incisions.
- It would be best to avoid use of hair coloring products for at least eight weeks.
- You are encouraged to walk as much as comfortable, with assistance as needed. For example, it may be beneficial to walk short distances hourly during the waking hours and gradually increase walking during your recovery period. Fatigue can be common.
- Avoid any bending or heavy lifting. You have an eight-to-ten-pound lift restriction until further advised by your physician (A gallon of milk weighs eight pounds).
- Make frequent position changes, avoiding long periods of sitting. Try not to sit more than 30 minutes at a time.
- You may engage in sexual activity in two weeks as tolerated.
- No housework, especially vacuuming, making beds, mowing grass, doing laundry until seen in the office.
- You may walk stairs carefully.
- You may be a passenger in the car when you feel up to it, but no driving until your physician advises.
- No return to work until advised by your physician.
- The physician may order pain medication for you. As time goes by, you should require less of these. Always take your medication as ordered and only if needed. If you take more than prescribed, it will not be refilled early. If you feel you require a narcotic medication refill, kindly give the office a 72-hour notice. No refills on these medications are given during the weekend.
- Over the counter Tylenol products may be used for less severe pain, following the dosing directions on the bottle. Use caution if mixing Tylenol with your pain medications, as common pain pills include Acetaminophen as an ingredient. Tylenol and Acetaminophen are the same drug. You could cause liver damage if taking too much.
- You may resume your usual diet. Constipation is a common problem after surgery, and when taking narcotic pain pills. You may use any over the counter laxative or stool softener, following the bottle directions.
- Use of nicotine products should be stopped completely to avoid developing postop pneumonia.

- **FOR AN EMERGENCY AFTER HOURS OR ON A WEEKEND, PLEASE CALL THE MEDICAL EXCHANGE AT (844) 942-1558**
- Call the office for:
 - Appointment set up.
 - Fever greater than 101 degrees.
 - Increased pain, swelling, redness or drainage from your incision.
 - Trouble swallowing or breathing.
 - Pain, swelling or weakness of your legs.
 - Any other question or concerns you may have.