



DISCHARGE INSTRUCTIONS FOR VENTRICULOPERITONEAL SHUNT PATIENTS

You will need to follow the following instructions in order to improve the quality of life.



Exercises

- Perform breathing exercises for chest expansion and relaxation
- Perform exercises of arms and legs as taught by the therapist
- Perform balance exercises as taught by the therapist
- Go for regular walks with support 4 to 5 times a day
- Increase your activity slowly as being active is the key to prevent further complications
- Make sure that you sit on the chair (out of bed) for most of the time during the day



Wound Care:

- Keep your incision clean and dry
- Monitor your incisions for any significant swelling, redness or drainage
- You may wash your hair with a mild shampoo (baby shampoo) 24 hours after your sutures are removed
- Refrain yourself from soaking in a bathtub, hot tub or pool for the first two weeks
- Do not use a hair dryer after washing your hair



General instructions:

- You may resume a normal diet following your procedure
- Refrain from alcoholic beverages especially while taking pain medication



Additional Instructions:

- In future, if you require an MRI for any reason please contact the concerned doctor who operated for the shunt as you might require reprogramming of your VP-Shunt
- In 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 the procedure. This is done to prevent shunt infection. Make sure you relay this information to the dentist too
- Refrain from door frame metal detectors (at airport or shopping mall) in case you have a programmable VP shunt
- If you are in contact with the metal detector, consult your doctor

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



When to contact your doctor

Call your doctor if you experience:

- Confusion, fainting, black outs, extreme fatigue, memory loss or difficulty in speaking.
- Double, blurred vision, partial or total loss of vision
- Fever with a temperature more than 101.5 °C
- Severe headache or changes in headache patterns
- Significant redness, swelling or drainage from the incision site
- Significant abdominal swelling
- Significant clear fluid drainage from the incision site