Discharge information following VP/LP shunt insertion

This leaflet is for general advice following your discharge.

Medication

It is important you continue with your present medication, any necessary changes to your medication will be made by your consultant or GP. Your wounds will be sore for a few days, therefore it is advisable to take regular pain relief following your surgery. As you become more mobile and comfortable you can then reduce this.

Wound care

You will have 2 wounds: 1 on your abdomen (tummy) and 1 on your head/back. Both wounds will have either stitches or clips in place which will be removed after 5 days (head wound) and 7 days (tummy/back wound). If clips, the ward staff will give you the clip removers, which you must take with you to your practice nurse. If you have been discharged home before these have been removed, your practice nurse at the GP surgery can do this. The ward nurse will give you instructions for this when you are discharged.

When showering or bathing, keep the wounds covered and replace wet dressing with clean, dry dressing.

If either of your wounds become red, swollen or painful, or if they begin to discharge, please contact your GP.

Lifestyle

If at any time you develop symptoms of a blocked shunt you should contact your GP or go directly to A&E, taking with you your hospital discharge letter. Symptoms include:

- worsening/persistent headache
- vomiting
- dislike of bright lights
- drowsiness

You can resume a normal daily life as soon as you are fit enough. Following your discharge it is normal to feel tired and lethargic. You are the best judge of what you can and can't do so be guided by how you feel and rest when tired. You should gradually increase the amount you do until you lead a normal life again.

You will need to avoid driving following discharge, your consultant will have informed you if you need to contact DLVA, if not, please check before discharge or contact DVLA.

If you are planning a holiday, please note that there is no restriction with flying once your wounds are completely healed.

If you have any concerns following your discharge, please contact your GP.