

# Ventriculoperitoneal Shunting

## General Information

Ventriculoperitoneal shunting is a surgery to treat hydrocephalus.

Hydrocephalus happens when extra cerebral spinal fluid builds up in the ventricles of the brain. This fluid moves around the brain and spinal cord at a steady rate. The fluid is blocked and collects in the ventricles, causing swelling and pressure.

A VP (ventriculoperitoneal) shunt is placed to drain the extra fluid and decrease the swelling and pressure.

The surgery takes about 90 minutes.

## Food and Liquid Directions Before Your Procedure

These directions are based on your scheduled arrival time. Not following these directions could mean your procedure will be delayed or canceled.

### Alcohol and tobacco: 24 hours

- Do not drink any alcohol 24 hours before your scheduled arrival time.
- Do not smoke, vape, use chewing tobacco or use any other tobacco products up to 24 hours before your scheduled arrival time.

### Solid foods: 8 hours

- Eat up to 8 hours before your scheduled arrival time.
  - Eat light meals such as oatmeal or toast.
  - Do not eat foods that are heavy or high in fat such as meat or fried foods.

### Clear liquids: 2 hours

- Drink only clear liquids up to 2 hours before your scheduled arrival time.
  - Drink water, fruit juice without pulp, black coffee, clear pop or tea.
  - Do not have milk, yogurt, energy drinks or alcohol.

## Medicines

- Take your medicines as directed with a small sip of water.
  - Talk with your surgeon if you have diabetes or if you take warfarin (Jantoven®).

## Before Surgery

- Your health care provider will talk with you about the procedure, benefits and risks.
- You will need to stay in the hospital for 1 to 2 days after your surgery.
- Bring a list of all medicines you take. Be sure to include prescription, over-the-counter medicines, herbal and natural products.

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## During Surgery

- An intravenous (IV) line will be started in your hand or arm.
- You will receive general anesthesia through the IV. This is a medicine that puts you in a deep sleep. You will not feel anything during the surgery.
- The surgery area will be shaved.
- A small hole is made in your skull.
- A catheter (small tube) is placed into the ventricle of your brain.
- A small cut is made behind your ear.
- A second catheter is placed under the skin behind the ear. It is moved under your skin down to your abdomen.
- A valve (small pump) is placed under the skin behind your ear. It connects both catheters together.
- The extra fluid is drained into your abdomen. Your body will absorb the extra fluid.

## After Surgery

- After surgery, you will spend about 1 to 2 hours in a recovery room where nurses will watch you closely.
- From the recovery room, you will be taken to your hospital room.
- You may take an antibiotic to prevent an infection.

## When You Go Home

- Keep your incision clean and dry. Follow any directions your health care provider gives you.
- Your health care provider will tell you when it is OK for you to shower, drive, return to work and have sex.

- You should rest or do quiet activity until your follow-up appointment. Follow any directions your health care provider gives you.
- Do not take a tub bath until your health care provider says it is OK.
- Eat well-balanced meals and drink more fluids. Follow any instructions your health care provider give you.
- Avoid alcohol while you are taking prescription pain medicine.
- Take any prescription or over-the-counter medicine as directed.

## When to Call Your Health Care Provider

Call your health care provider if you have:

- new pain or pain you cannot control
- a temperature higher than 101 F
- chills
- a stiff neck
- any drainage at your incision site
- signs of an infection at your incision site:
  - pain
  - swelling
  - redness
  - odor
  - warmth
  - green or yellow discharge
- any questions or concerns.

## Follow-up Appointments

Be sure to keep any follow-up appointment with your health care provider or specialist, even if you are feeling well.