

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 (Coumadin[®] or 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.