



NEUROSCIENCE AND SPINE CENTER

Dr. William Hunter

CRANIAL & VP SHUNT POST-OP INSTRUCTION SHEET

Incision Care:

- Dressing – ***if present*** – Can be removed the 1st day after surgery, unless told otherwise.
- You will have either staples or stitches present at your incision. You may shower 2 days following surgery as long as there is no drainage. Do not let the water hit the incision directly and gently pat dry. Clean the incision twice daily with Hibiclens that the hospital has provided. Do **NOT** apply any ointment to incision.

Activity:

- You may sit, stand and walk as you feel like it. Walk 3-4 times per day, increasing the length every 1-2 days as you are able.
- **No Driving** until your first post-op appointment. You may ride in a car as necessary.
- **Do Not Lift** more than 5 pounds. Use your knees when bending. Limit excessive reaching or activity where your arms are above your head until your first post-op appointment.

General Information:

- Wear the support stockings until you are up walking more than you are resting. Use the spirometer (breathing machine) 10 times an hour for 2 weeks after surgery. These methods are extremely encouraged to prevent blood clots from forming and decrease the risk of any lung infection following anesthesia.
- If you have not had a bowel movement within 24 hours after surgery, begin using Milk of Magnesium or MiraLax as directed until you have had results. Stool softeners should then be taken for the next couple of weeks.
- Call the office should you have any of the following: Redness, increased tenderness or drainage at the incision site, temperature above 101 degrees, change in mental status, weakness, numbness or development of seizures.

IF ANY QUESTIONS, PLEASE CALL THE OFFICE AT 704-864-5550



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