

Mack K. Bandler, MD, FACR  
Brent J. Bose, MD  
Jess A. Campagna, MD  
Graham R. Case, MD  
Kristina E. Darlington, DO  
Rahim Fazel, DO  
Michael S. Fennell, MD  
Andrew "Hal" Hardy, MD  
Zachary R. Heeter, MD  
Naseem S. Helo, MD  
James R. Hills, MD  
Seth M. Hofstetter, MD



MEDFORD  
RADIOLOGY  
GROUP

George J. Lewis, MD  
James L. McAnally, MD, MS  
Dale R. Nance, MD  
James L. Ockner, MD  
Eric W. Palmer, MD  
Joe A. Pastrano, MD  
Chad M. Ringger, MD  
John N. Simmons, MD  
Joseph S. Thompson, MD, MS  
Michael J. Troychak, MD  
Brett M. Young, MD

## PARACENTESIS DISCHARGE EDUCATION

Tara L. Buck PA-C

### **Information:**

A Paracentesis is a procedure to remove fluid from your abdomen. This fluid may be removed to decrease abdominal pressure or to examine the fluid in the laboratory. Fluid buildup in your abdomen can sometimes cause problems with your bowels and breathing if it is not removed.

Paracentesis involves placing a thin needle or tube into your abdomen to remove fluid. Once the doctor got some fluid, the needle was removed and the catheter stayed in place. The catheter was then connected to tubing that drains the fluid into a bottle or bottles if necessary. The catheter was removed when all the fluid was drained. A dressing or bandage was placed over the catheter exit site on your abdomen.

### **What should I expect after the Paracentesis?**

- You may notice there is less tightness around your abdomen and it will feel less full. You may be able to breathe better which should help you feel more comfortable.
- Limit your activity for the rest of the day. Avoid lifting or pushing 10 pounds or more for 1-2 days after this procedure.
- You may return to work after 24 hours, unless you have been instructed otherwise.
- You do not have any diet restrictions because of this procedure, but should continue any that were given to you by any other doctors.
- Please follow up with any doctors that were previously treating you
- Continue all previously prescribed medications

### **Bathing & Wound Care:**

- You may shower after 24 hours; do not submerge in water for a minimum of 3 days (bath tub, hot tub, swimming pool, river or any other body of water).
- Apply a warm compress to affected area for comfort as needed.
- If the drainage site(s) become red, tender, swollen, or start to drain, contact us.

### **Follow-up visit information**

Call your liver doctor or primary care doctor after discharge for a follow-up appointment if you don't already have one. Follow up with Interventional Radiology is not routinely necessary.

### **Occasionally, a situation will require prompt attention and an emergency room visit is necessary:**

- Increasing redness, swelling or drainage from the abdominal access site
- Increasing or new abdominal pain
- Bleeding or drainage from the needle site that is saturating the dressing
- You have shaking chills or a temperature over 101°F

With these urgent situations, please call Medford Radiology to see what your best course of action is.

**For any questions please contact the Medford Radiology office at 541-618-5800**

**In all emergency situations call 911**

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