



Post Procedure Care

● Paracentesis

Your abdomen may be sore where the doctor put the needle or catheter into your skin (the procedure site). This usually gets better after a day or two. You can go back to work or your normal activities as soon as you feel up to it.

If a large amount of fluid (ascites) was removed from your abdomen during the procedure, you will probably feel more comfortable and be able to breathe better. Make a follow-up appointment with your healthcare provider as directed. During your follow-up visit, your provider will check your healing. In some cases, the paracentesis may need to be repeated if the fluid returns.

How can you care for yourself at home?

- Rest when you feel tired. Getting enough sleep will help you recover.
- Avoid strenuous activities, such as bicycle riding, jogging, weightlifting, or aerobic exercise, until your doctor says it is okay.
- You may shower. Do not take a bath until the procedure site has healed, or until your doctor tells you it is okay.
- Ask your doctor when you can drive again.
- You may need to take 1 or 2 days off from work. It depends on the type of work you do and how you feel.
- Wash the area daily with warm, soapy water, and pat it dry. Don't use hydrogen peroxide or alcohol, which may delay healing. You may cover the area with a gauze bandage if it weeps or rubs against clothing. Change the bandage every day.
- Keep the area clean and dry.
- Follow-up care is a key part of your treatment and safety

When should you call for help?

- Call 000 anytime you think you may need emergency care. For example, call if:
 - You passed out (lost consciousness).
 - You have severe trouble breathing.
 - You have sudden abdominal or chest pain and shortness of breath, or you cough up blood.

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Call your doctor or nurse advice line now or seek immediate medical care if:

- You are sick in your stomach or cannot keep fluids down.
- You have a fever over 38°C.
- Chills.
- Trouble breathing.
- Pain that doesn't go away even after taking pain medicine.
- Belly pain not caused by having the skin punctured.
- Swollen belly.
- Blood in your urine.
- Feeling dizzy or lightheaded, or fainting.
- Bright red blood has soaked through the bandage over your procedure site.
- You have signs of infection, such as:
 - Increased pain, swelling, warmth, or redness.
 - Red streaks leading from the procedure site.
 - Pus draining from the procedure site.
 - Swollen lymph nodes in your neck, armpits, or groin.
 - A fever.
- Watch closely for changes in your health and contact your doctor if you have any problems.

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