

Ommaya Reservoir

Activities of daily living after the device is placed

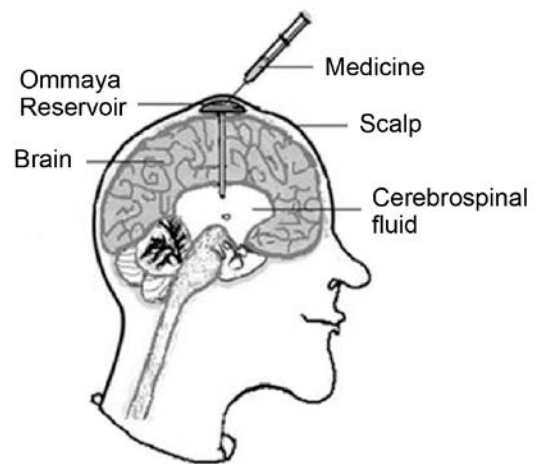
This handout explains an Ommaya Reservoir, and lists precautions and activity restrictions to follow after the device is placed.

What is an Ommaya Reservoir?

An Ommaya Reservoir is a medical device that is implanted in the top of your head. It is used to give chemotherapy drugs directly into your *cerebrospinal fluid* (CSF, the fluid that fills the space around your brain and spinal cord). It can also be used to remove a sample of CSF.

This way of giving chemo is called *intrathecal chemotherapy* (IT chemo). With this method, the chemo drug can get right into the area where cancer cells may be.

There is a network of blood vessels around the brain that keeps substances from reaching the brain. This is called the *blood-brain barrier*. This barrier does not allow most chemotherapy to get from the bloodstream to the brain and spinal cord. IT chemo bypasses this barrier and allows the drug to reach cancer cells.



An Ommaya Reservoir is implanted in the top of your head to deliver chemotherapy drugs directly to your cerebrospinal fluid.

Self-care After Your Procedure

While your incision is healing after your implant surgery:

- Do **not** bend over beyond 90 degrees. This means you cannot bend forward to tie your shoes or wash your feet.
- Do **not** push, bear down, or hold your breath while having a bowel movement.

- Do **not** lift anything that weighs more than 10 pounds. (A gallon of water weighs almost 9 pounds.)
- Keep the area around the implant dry until the stitches (or staples) are removed. You do not need to change your dressing unless Neurosurgery staff tell you to.
- Wear a shower cap for bathing.
- Call your provider right away if you have these signs of infection:
 - Redness, tenderness, or drainage at the incision site
 - Fever higher than 100.5°F (38°C)
 - Headache with or without vomiting
 - Neck stiffness

What can I expect?

After the Ommaya Reservoir is placed:

- You will have a small bump on the top of your head. This is normal.
- It is normal to have pain at your incision for 8 to 10 days. After that, you should not have any pain. If you still have pain after 10 days, please talk with your medical team.
- After your incision is healed, no special care is needed for the site. You can do your normal activities. You may wash your hair and head as usual.
- Talk with your occupational therapist if you have any concerns about safely doing your activities of daily living (ADLs). ADLs include dressing, bathing, toileting, hygiene and grooming, and resuming your everyday life.

Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

Occupational Therapy:
206.598.4830