

# Ultrasound: After Your Guided Paracentesis

## Self-care guidelines



*This handout is for patients at University of Washington Medical Center who have had a procedure called ultrasound-guided paracentesis.*

### What to Expect

- Your procedure site may be sore or tender as the local anesthesia wears off.
- Your skin may be stained at the biopsy site. This is from the disinfectant. It will wash off.

### Activity

Relax and do only light activities for the rest of the day.



***After your procedure, relax for the rest of the day.***

### For 24 Hours

- Do **not** shower or get the procedure site wet.
- Do **not** lift, pull, or push anything that weighs more than 10 pounds (a gallon of milk weighs almost 9 pounds).

### Self-care

- Remove the bandage about 24 hours after your procedure.
- After you remove the bandage, you may shower or take a bath. **Do not scrub the site.** Wash the site gently and pat it dry.
- Watch for signs of infection:
  - Redness, swelling, warmth, or pus at the procedure site
  - Fever higher than 100.4°F (38°C)

### Who interprets the results and how do I get them?

If fluid studies were sent, your own provider will review the results and talk with you about them. You and your provider will then decide the next step, such as treatment for a problem, as needed.

You may also read your results on your MyChart page. If you need copies of your images on disc, call 206.598.6206.



Scan for a digital copy of this handout.

## If You Have Questions or Concerns

During office hours, between 8:00 a.m. and 4:30 p.m., call one of the numbers listed below if you have:

- Mild fever, pain, redness, swelling, or dizziness
- Any other non-urgent questions or concerns

## Urgent Care

**Call 911 and go to the nearest emergency room right away** if you have any of these symptoms:

- Severe bleeding that will not stop, even after you apply pressure to the procedure site
- Chest pain
- Trouble breathing
- Slurred speech
- Balance problems or dizziness
- Trouble using your arms or legs

## Who to Call

### University of Washington Medical Center and Northwest Hospital

Weekdays from 8 a.m. to 4:30 p.m., call the Interventional Radiology Department:

- Montlake: 206.598.6209, option 2
- Northwest: 206.598.6209, option 3

### Harborview Medical Center

Weekdays from 8 a.m. to 4:30 p.m., call the Interventional Radiology Department at 206.744.2857.

### Questions?

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

**UWMC – Montlake:**  
206.598.6209, option 2

**UWMC – Northwest:**  
206.598.6209, option 3

**Harborview Medical Center:**  
206.744.2857

### After hours and on weekends and holidays:

Call 206.598.6190 and ask to page the Interventional Radiology resident on call.