

**HOME CARE INSTRUCTIONS FOLLOWING  
AV FISTULA / GRAFT SURGERY**

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Date: \_\_\_\_\_

**ACTIVITY**

1. Avoid sleeping on the access arm.
2. Avoid carrying anything that weighs more than 5 pounds or carrying anything draped over your access arm. Don't wear tight clothing over the access.
3. Do not let anyone take a blood pressure, perform a venipuncture or start an IV in the access arm.

**SURGICAL SITE CARE**

Feel for a thrill at your access site daily and after any episode of low B/P, dizziness or lightheadedness. If you have difficulty feeling it, you may try to hear it with a stethoscope. Call your healthcare provider or dialysis center immediately if you cannot feel or hear a thrill.

1. Remove dressing on:
2. If you have steristrips, leave them in place. They will fall off in 5-7 days.

**COMFORT**

1. Keep extremity elevated as much as possible for 24-48 hours.
2. You may need to use prescription pain medication regularly at first and then only as needed. If pain medication does not keep you comfortable, <sup>1</sup>contact your doctor. If **nausea occurs**, take food in  $\frac{1}{2}$  hour prior to taking medication. If **nausea persists or rash occurs, STOP** taking medication and call your doctor.

**MEDICATION**

1. New medications:
2. Last dose of pain medication:

**DIET**

1. Some of the sedative/anesthetic medication you received today may make you nauseated. Begin with clear liquids and then progress to solid foods as your stomach tolerates them. If you become nauseated, tea or carbonated beverages are helpful. If vomiting persists, call your doctor.
- 2.



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**SAFETY**

1. You can expect to feel dizzy, weak and drowsy for as long as:
  - 24 hours after receiving a general anesthetic.
  - 12 hours after receiving sedation.
  - While taking prescription pain medication.
2. Please follow these instructions for that time:
  - a. **DO NOT** drive a car or operative machinery. Your reflexes and coordination are not up to normal.
  - b. No alcoholic beverages today.
  - c. Postpone signing any important papers or making any important decisions.
3. Because of the effects of anesthesia/sedation, we recommend that you have someone stay with you for 12-24 hours or overnight following your procedure.

**WHEN TO CALL**

1. Immediately report any numbness, pain, coldness, loss of motion or reduction in sensation of the access arm or hand.
2. Immediately report if the access site suddenly bulges more than usual.
3. Also call if you have signs of infection, including warmth, redness, drainage, swelling, unusual tenderness or a fever over 101° F. to your healthcare provider or dialysis center.

**WHO TO CALL**

Dr. \_\_\_\_\_

Phone: \_\_\_\_\_

After hours phone: \_\_\_\_\_

**Aspirus Day Surgery Plus**

Open 6:00 a.m.-7:00 p.m., Monday - Friday

**Phone: 715.847.2907**

**RETURN APPOINTMENT**

DR: \_\_\_\_\_

Date/Time: \_\_\_\_\_

A nurse will attempt to call you in the next few days to discuss your recovery and any questions or concerns you may have. If you have a question or concern before you hear from us, please don't hesitate to call. In case of an emergency, please go to your nearest emergency facility.

**I have discussed the above information with a nurse and my questions have been answered to my satisfaction.**

\_\_\_\_\_  
Patient or Responsible Party Signature

\_\_\_\_\_  
Date/Time

\_\_\_\_\_  
RN Signature

\_\_\_\_\_  
Date/Time