



## AV FISTULA/DIALYSIS ACCESS ROUTE

These instructions will help you take care of yourself at home.



### DIET

Start with clear liquids after you reach home. Wait about 45 minutes and if you do not feel sick, try bland foods first and then progress to your usual diet.



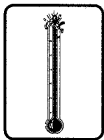
### ACTIVITIES

Rest today. No strenuous activity. Elevate your surgical arm on a pillow for 48 hours.



### SPECIAL CARE NEEDED

Do not get your \_\_\_\_\_ arm wet for five (5) days. If you have sutures you can wash your incision with soap and water after they have been removed. Check for a thrill over your AV fistula daily. Do not allow anyone to take your blood pressure or draw blood from the arm with the fistula. Do not wear tight clothes over your AV fistula site. You can expect some redness and swelling at the fistula site.



### INFECTION

Watch for any sign of infection after surgery: **fever, chills, increased pain, redness, swelling, or foul smelling discharge from your wound.** Call your doctor at the first sign of any infection.



### WHEN TO CALL YOUR DOCTOR

Call 434-924-0000 and ask for "Resident on call" for Dr. \_\_\_\_\_ if:

- No urine output eight (8) hours after surgery
- No bowel movement in three (3) days
- Pain in or around your incision or fistula that is not relieved with your pain medication
- If you do not feel a thrill over the fistula site.
- Your hands or fingers of the fistula arm turn blue.
- Persistent numbness/tingling of the fistula arm
- There are signs of infection as above
- Vomiting lasting more than four (4) hours
- Large amount of bleeding or swelling

**Call 911 if you have chest pain or shortness of breath**