

Azura Long Beach Surgery Center

FISTULA CREATION / GRAFT DISCHARGE INSTRUCTIONS

GENERAL INSTRUCTIONS:

Never let any healthcare provider check your blood pressure, draw blood, or start an IV in the arm that has your fistula/graft.

Begin using your stress ball the day after your surgery. Squeeze and release the ball for approximately 2 minutes, 6 times a day.

Do not wear tight watches, jewelry, or clothing with tight sleeves on the arm with your fistula/graft.

Do not sleep on the arm with the fistula/graft.

You will return for a post-surgical visit in 2 weeks.

AFTER SURGERY:

Keep the surgical arm elevated on pillow(s) for 48 hours to prevent swelling.

No heavy lifting, pushing, or pulling with the affected arm for 2 weeks.

Your fistula will have a "thrill" (a "buzz" you can feel with your fingers placed on the fistula). If cannot feel anything, please let your dialysis center know.

INCISION CARE:

You may remove the dressing after 2 days. DO NOT remove the skin tape located under your bandage. Allow the tape to fall off by itself. It is ok to let the skin tape get wet.

You may shower after 2 days.

Do not submerge the incision under water until completely healed.

Mild swelling and discomfort are normal for 1 to 2 weeks after surgery. Discomfort can be managed with Tylenol and cool packs.

Call the center immediately if your fingers become cold, numb, or blue.

Monitor for signs of infection: pus, drainage, chills, fever over 101 F. Please contact Azura if you experience any of these symptoms.