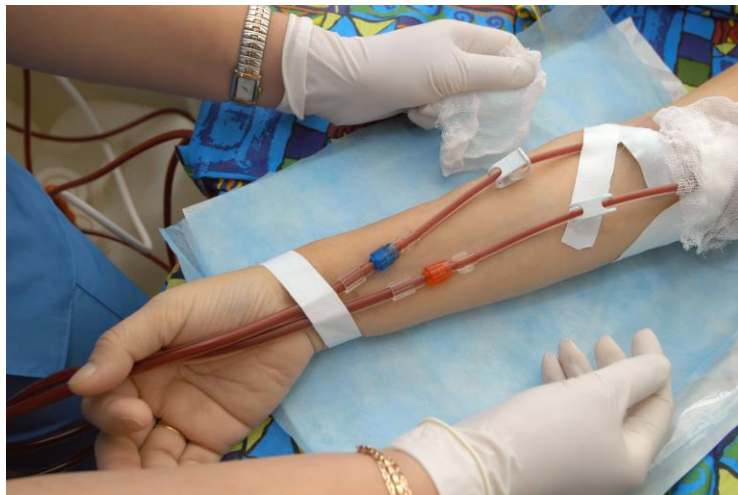


INFORMATION ABOUT THE CARE AND MONITORING OF AN ARTERIOVENOUS FISTULA



USER GUIDE

G-3030

IMPORTANT INFORMATION FOLLOWING THE CREATION OF AN ARTERIOVENOUS FISTULA

A vascular access was created in order to perform a future haemodialysis treatment. This vascular access is an essential component of an efficient haemodialysis.

THE DAYS FOLLOWING THE SURGICAL PROCEDURE:

- Keep your surgical dressing clean and dry until it is removed, usually 24-48 hours after surgery.
- Usually, dissolving stitches are used so they should disappear on their own. Closure strips (steri-strips) must be kept in place for approximately 10-14 days.
- Showers are allowed 48 hours after the dressing has been removed. Wash the arm used for the fistula thoroughly with soap and water every day, drying it well after.
- You can take acetaminophen (Tylenol) as needed if you are in pain.
- Slight swelling or bruising around the site of the surgery is normal for a few days post-surgery. You may place a pillow under your arm to reduce this swelling.
- Slight numbing of the hand on the side of the fistula is normal.

YOU MUST CALL THE NURSE IF:

- You have fever (over 38°C).
- You have signs of infection at the site of the fistula (redness, oozing, heat, pain).
- You notice some continuous bleeding.
- You notice your fingers turning white or your arm feels weak.

EXERCISES:

- Two weeks after the surgery, exercise is recommended following the guidelines made by the nurse.
- You will need a rubber ball or a stress-relief ball.
- Hold the ball in the fistula hand. Squeeze the ball for 5-10 seconds, then relax and open your hand.
- Perform 10 repetitions, 3 to 4 times a day.
- Keep doing this exercise regularly until it is time to use your fistula or until it is sufficiently developed.

These exercises increase blood flow to your arm and help your fistula grow.

■ DAILY MONITORING OF YOUR FISTULA:

- Check the vibration of your fistula every day. You should feel a pulse (also called a thrill) when you press two fingers at the site of your scar.
- If the pulse is weak or absent, you should inform the dialysis nurse if you are under dialysis, or the vascular nurse if you aren't yet under dialysis.
- At no time should there be blood drawn, an IV inserted or your blood pressure taken on the arm used for the fistula.
- At bedtime, avoid placing your fistula arm under your head or under your body.
- Do not wear overly tight sleeves, a watch or bracelet on the fistula arm.
- Do not carry heavy objects with the fistula arm (e.g. grocery bag, handbag).
- Do not place heavy objects on the fistula arm to maintain good and continuous blood flow.
- On days when you are scheduled for dialysis, wear short sleeves to provide easy access to your vascular access.
- Protect your arm against violent impact.

■ GENERAL CARE FOR YOUR FISTULA IF YOU ARE UNDER DIALYSIS:

- Clean the arm used for a fistula daily with soap and water, especially before each dialysis session.
- After each dialysis treatment, band-aids will be applied to the puncture site of your fistula. You can remove them 6-8 hours later.
- "TipStop" dressings can be removed after 4 hours.
- Avoid scratching or peeling the scab off the puncture sites.
- If you notice continuous bleeding at home, apply pressure with a clean compress for 10-15 minutes and inform your nurse at your next haemodialysis session.
- Make sure that you always have clean compresses on hand in case of bleeding (you should receive an emergency kit when you go to your haemodialysis treatment).
- If bleeding lasts more than 15 minutes, contact your dialysis centre.

When a needle is inserted or during the dialysis treatment, blood may leak out of the vein into the tissues under the skin, causing swelling, some pain and a bluish colour; This is called an "infiltration" (hematoma).

■ WHAT SHOULD YOU DO IN THE EVENT OF AN INFILTRATION?

1. Apply ice for 20 minutes every 4 hours during the first 24 hours.
2. Apply moist warm compresses the following days.
3. Do not exercise with the ball until the infiltration has subsided.

IF YOU HAVE QUESTIONS OR CONCERNS, DO NOT HESITATE TO CONTACT YOUR DIALYSIS CENTRE:

Centre d'hémodialyse de Saint-Jérôme

Phone: 450 432-2777, extension 22622
Monday to Saturday, 7:15 AM – 11:15 PM

Centre d'hémodialyse de Saint-Eustache

Phone: 450 473-6811, extension 47601
Monday to Saturday, 7:15 AM – 11:15 PM

Centre d'hémodialyse de Rivière-Rouge

Phone: 819 275-2118, extension 53770
Monday to Saturday, 7:15 AM – 7:15 PM

Nurse in charge of vascular access

You can leave a message to the nurse in charge of vascular access at all times; She will call you back as soon as possible.

Phone: 450 432-2777, extension 23085
Monday to Friday, 8 AM to 4 PM

EMERGENCY

If you have uncontrollable bleeding, dial **911** immediately.

www.santelaurentides.gouv.qc.ca

Hôpital de Mont-Laurier : 819 623-1234

2561, chemin de la Lièvre Sud, Mont-Laurier (QC) J9L 3G3

Hôpital de Saint-Eustache : 1 888 234-3837

520, boul. Arthur-Sauvé, Saint-Eustache (QC) J7R 5B1

Hôpital Laurentien : 1 855 766-6387

234, rue Saint-Vincent, Sainte-Agathe-des-Monts (QC) J8C 2B8

Hôpital régional de Saint-Jérôme : 1 866 963-2777

290, rue De Montigny, Saint-Jérôme (QC) J7Z 5T3

Hôpital d'Argenteuil : 450 562-3761

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Communication Department – Juillet 2018

**Centre intégré
de santé
et de services sociaux
des Laurentides**

Québec 