

# Post-Operative Instructions for Dialysis Access/AV Fistula Surgery



## Care of Your Incision

- Keep the incision clean. Shower or bathe as usual with soap and water ONLY.
- You will usually have absorbable stitches. They do not need to be removed and will dissolve on their own.
- Do not apply ANY ointment, alcohol, or hydrogen peroxide to the incision.

## What to Expect

- Your arm and hand might be very swollen. This is normal.
- Swelling, bruising, moderate numbness and/or tingling are all NORMAL and should resolve within a few weeks.

## List of Reminders

- ELEVATE YOUR ARM as much as possible (this helps relieve swelling and pain).
- If you are taking pain medications (hydrocodone, Vicodin, Norco, Lortab), our office cannot refill this medication by phone. You must make an appointment to be seen in the office to get a prescription refill.
- For refills of all other pain medications, call your pharmacy directly to request a refill at least 48 hours in advance.
- Never place watches, bracelets or straps (i.e. purse, shopping bags, etc.) across your fistula.
- Do not sleep on your graft/fistula.
- Do not have your blood pressure or blood draws taken on your fistula arm.
- Never use fistula for IV drugs.

## Reasons to Contact Your Doctor

- Pain that is not relieved by pain medications.
- Ice cold arm or hand, blue fingers, or extreme numbness.

If you were not given a post-op appointment, please call our office at 512-459-8753 to schedule your post-op visit.

