

# Arterio-Venous Fistula

## Discharge Instructions

This brochure provides information for care at home after discharge. These measures can provide comfort during recovery. If you have any queries or problems, please feel free to ask your doctor or nurse.

**We wish you a speedy recovery**

You will be discharged a few hours after surgery if there are no complications. You may gradually resume normal activities depending on your tolerance level; however, it is advisable to take care to avoid injury and infection of the vascular access, which is a vital part of Haemodialysis. Please follow the instructions given below.

### Special instructions

- Keep the graft area clean and dry until 24 hours after the surgery.
- Check the pulse beyond the access point every day.
- Avoid drawing blood samples from the arm with the fistula, unless it is used for dialysis treatment.
- Avoid measuring blood pressure from the arm with the fistula.
- Avoid putting pressure on the arm with AV fistula or graft.
- Avoid lifting heavy objects with the arm with the AV fistula or graft.
- Avoid covering the access point with tight clothing or jewellery.
- Avoid sleeping with the access arm pressed under your head or body.
- Ask the nurse to check the access point before each dialysis session.
- You will visit your surgeon on the date of follow-up appointment.

### When to call your doctor

Please call your doctor immediately if you:

- Cannot feel the 'vibration' at the access site.
- Have severe chills or fever above 100 degree Fahrenheit.
- Have excessive bleeding from the access site.
- Have excessive swelling near the access site.
- Have pain at the access site that is not relieved by pain medication.
- Are unable to contact the doctor please go to the Emergency Room.

### For further information please call

Surgical Day Care  
Monday to Friday  
8:00 am-5:00 pm  
Tel: 3493-0051; Ext: 4190-91

Emergency Room  
Monday to Friday (after 5 pm) and weekends  
Tel: 3493 0051, Ext: 1090-91



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