



Southeast Texas Renal Access Center

Caring for Your Dialysis Lifeline

POST-Operative Care of Access with Hematoma/Infiltration

- The day you have your procedure, avoid any strenuous activity that could cause pressure and possibly lead to more bleeding (i.e. heavy lifting, exercising, yard work, etc.)
- Since you have an area of hematoma/infiltration, please do the following post-procedure:
 - For first 24 hours
 - a. Use ice on the area of swelling. You can do this by either an ice pack that is soft, making an ice pack with zip-lock bag and ice then wrap in towel or an easy option is buy a bag of frozen peas (*yes, peas! They are like little ice beads in a bag when kept frozen. Use 15 minutes then put back in freezer until next use*)
 - b. Apply the “Ice Pack” for 15 minutes at a time only once an hour!! DO NOT let the ice remain on your arm for more than 15 minutes at a time!! Do this for the first 24 hours.
 - After the first 24 hours
 - a. Apply “Wet Heat” to the area of swelling. To do this, use a wash cloth and get it wet with as hot of water as you can tolerate and lay on access until cool. Do this once an hour while awake to help with discomfort.
 - b. DO NOT use a heating pad and DO NOT heat the washcloth in the microwave!!
- You can take Tylenol for any discomfort as indicated by product label. Or you may take any other pain reliever your physician may have ordered you to take.
- Watch for bleeding from the cannulation sites just as you would on a day after dialysis. If the site begins to bleed, apply constant pressure for at least 30 minutes to 1 hour until bleeding stops. If you are unable to get the site to stop bleeding, call 911 and have them take you to the nearest emergency department.
- Contact your kidney Dr. or our office immediately if you experience any of the following:
 - The area of swelling is growing and getting larger than when you left the office.
 - Your access arm is extremely painful and not relieved by normal pain relievers.
 - You have excessive bleeding from a needle site not stopped by pressure to the site.
 - Chills or fever over 101 degrees occurring within 24 hours of procedure.

We know you have a choice in your healthcare and appreciate the opportunity to be a part of that process. All of us at the Renal Access Clinic of Houston and thank you and wish you well.

If you have any questions, please do not hesitate to contact our Nurses at:
409-347-7290

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