



Department of Surgery

Dialysis Access Discharge Instructions

Pain

- Soreness and mild pain after surgery are common
- A prescription for pain medication should minimize discomfort
- Take your pain medication with food to prevent stomach upset
- Elevate your access limb to decrease pain and swelling

Activity

- Do not use tight dressings or tape on your access site
- Do not sleep on your access limb or sleep with it bent
- Do not allow any lab sticks or blood pressure cuffs on your access arm
- Do not carry anything that will put pressure on your access arm, such as a tight watchband
- Do not carry a purse, grocery bag or any heavy object on your access arm
- If the access site is in your leg, do not rest heavy objects on that leg (child, pet, books, etc.)

Diet

- Begin slowly with clear liquids such as ice chips, jello, tea, Gatorade and broth
- If you are tolerating liquids, continue to solid food
- Avoid fatty and spicy foods until your appetite returns
- Contact your doctor if you have severe, persistent nausea and vomiting
- Follow any dietary restrictions given by your kidney doctor

Remember to wash hands to prevent the spread of germs.

You will receive a follow-up phone call in one to three days after surgery from the Outpatient Recovery department.

If you receive a survey in the mail, please complete it and let us know how your experience was at Greenville Memorial Hospital. We always strive to provide very good care.

Thank you for choosing us.