

AV FISTULA DISCHARGE INSTRUCTIONS



Medications:

- Take pain medication as directed.
- Do not drink beer, wine, or hard liquor or take recreational drugs while on pain medication.
- Resume all Pre surgery medication unless instructed otherwise

What to Expect:

- Your surgical arm is likely to swell and be bruised. Swelling and bruising will go away in a few weeks.
- ELEVATING YOUR ARM above the level of your heart will help decrease the swelling

DO NOT:

- Sleep on your graft/Fistula
- Have your Blood pressure taken on that arm
- Use the graft/Fistula for IV medication or Blood draws

Activity:

- No lifting over 10 pounds (*bag of groceries*) for 6-8 months with surgical arm.
- No twisting, bending or strenuous activity for 2 months. Examples are vacuuming, swinging a golf club, or shoveling snow.
- Use a rubber ball or stress ball to exercise your arm with Fistula/graft
- Expect a recovery period of 6-8 weeks.

Diet:

- Resume the diet you were on before surgery.
- Consult a **nutritionist**

Incision:

- Keep incision dry. Apply dry gauze if there is drainage, and call the doctor.
- You may shower. Pat the incision dry with a towel.
- No bath, whirlpool or swimming for 3 weeks and until staples or sutures (IF PRESENT) are removed.

Call Dr. Nasir Khan 732-641-8346 if any of the following conditions develop after discharge:

- Redness or drainage from the incision, Fever above 101° F (38.3C)
- Cold or Aching hand or fingers
- Weakness, numbness or paralysis of hand

If unable to reach your doctor, go to the nearest emergency room.

- Call your surgeon's office within 24 hours for an appointment if not scheduled prior to discharge.

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