



DISCHARGE INSTRUCTIONS DIALYSIS GRAFT SURGERY

Following discharge from the hospital, you may have some questions about your operation, your activities or your general condition. These instructions may answer some of your questions and help you adjust during the first few weeks following your operation.

ACTIVITY Limit use of the operated arm to what is absolutely necessary for the first day after surgery. On the second day after surgery, you may start to increase use of your arm as tolerated. One week after surgery, you should start to exercise your hand on the side of the graft by squeezing a ball. This increases blood flow in your graft and arm so your graft will function better.

DIET Resume your normal diet. Try to eat low fat and low cholesterol foods.

MEDICATIONS Resume all medications taken prior to your operation unless you receive specific instructions to change.

DRESSING The dressing may be removed on the third day following surgery.

INCISION You may include the operated area in a shower on the fourth day following surgery. It is normal to have some pain at the surgical site. You will receive a prescription for pain medicine at the time of discharge. There will also be some swelling and bruising around the surgical site. If increasing redness or pain develops at the incision or severe pain, numbness or weakness occurs in the hand, call our office immediately. Numbness in the region of the incision may occur following the surgery. This normally resolves in six to twelve months.

ARM SWELLING Most patients have some noticeable arm swelling after surgery. This usually disappears within a few weeks. If swelling is present, elevate the arm whenever possible.

RESTRICTIONS Do not have blood draws, IV's, or blood pressures performed on the operated arm.

GRAFT USE Your graft will be used for dialysis after the pain and swelling has diminished. This is usually about two weeks after graft placement. If you had a fistula placed it will not be used for six to 12 weeks.

APPOINTMENTS **You will need to be seen in *two to three weeks*. Please call the office as soon as you return home and indicate you need a post-operative appointment – #610-252-8281.**

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