

## Fistulaplasty: aftercare

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You have had a fistulaplasty. This is a procedure used to dilate a narrowing within the veins of a fistula used for haemodialysis (renal replacement therapy).

This was performed by Dr \_\_\_\_\_

Date and time: \_\_\_\_\_

Blood pressure/Pulse on discharge: \_\_\_\_\_

Clinical condition on discharge: \_\_\_\_\_

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### What to expect afterwards

- Rest, take it easy and avoid strenuous activity for the next 24 hours.
- You may have pain or bruising and discomfort around the access site in your arm or neck. This should improve over the next 24-48 hours. Please take painkillers for relief either at home or ask the nursing staff if in hospital.
- Slight oozing from your wound site is normal, if you see fresh blood or bleeding put pressure on it immediately. If it does not stop after 10 minutes of pressure then call for help - please attend the Emergency Department or call 999.

### When to seek help

Please contact us if you experience:

- Ongoing bleeding which is not controlled with simple pressure.
- Concern regarding clot of the fistula

Please bring this information sheet with you if you seek medical attention.

### Pain relief

If you have the following painkillers at home, take as follows if it is safe for you to do so:

- Paracetamol – do not take more than 8 tablets in 24 hours (unless you have been advised otherwise e.g. you have a reduced liver function).
- Anti-inflammatory – Ibuprofen, Aspirin, etc. You can take one of these in addition to paracetamol if you have moderate pain (unless you have been advised otherwise e.g. you have a duodenal ulcer).

As healing occurs, you will feel less pain. Once your pain is controlled and is mild, you should only take paracetamol. If your pain remains severe for more than three days or is not relieved by painkillers, you should contact your GP.

### Looking after your wound

Try to keep your wound dry for the next 24-48 hours after which you can remove the dressing and clean it normally. As you may have stitches in place, redress your wound until your next dialysis session when these can be removed.

### When can I resume my normal lifestyle?

This will depend on how soon you recover. You should be able to resume most normal activities of daily living within 24 hours.

### When can I drive?

If you have been given local anaesthetic only, you may drive later in the day. You should consider whether your wound or pain may prevent you from driving i.e. being able to perform an emergency stop comfortably. If you were given sedation then you should not drive for the next 24 hours (see separate information sheet).

### What happens next?

You should attend dialysis as normal. The dialysis unit nurses will remove your dressing and any stitches at this time.

### Contact us

Radiology Day Case Unit on 0118 322 8368 (Monday-Friday 8.30am-5pm).

Out of hours please attend Royal Berkshire NHS Trust Emergency Department or your nearest Emergency Department.

### Further information

For further information about the Trust, visit our website [www.royalberkshire.nhs.uk](http://www.royalberkshire.nhs.uk)

This document can be made available in other languages and formats upon request.

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