

**CAPITAL VASCULAR SURGEONS & VEIN CENTER  
3855 J STREET  
SACRAMENTO, CALIFORNIA  
95816  
PH: (916) 733-0660  
FX: (916) 733-0664**

**DISCHARGE INSTRUCTIONS FOLLOWING DIALYSIS ACCESS SURGERY**

- **ACTIVITY:** There are no specific restrictions on activity. You should be as active as is comfortable. Elevation of the operated arm is recommended to help control some of the expected swelling. Resume driving when you feel comfortable and strong enough without the need for pain medication.
- **BATHING/SHOWERING:** You may bathe or shower after 48 hours. Dissolving sutures are usually used and no sutures need to be removed. Leave the protective plastic dressing in place for five (5) days and then remove.
- **DIET:** There are no special restrictions on your diet postoperatively.
- **MEDICATIONS:** Unless told otherwise you should resume taking all of the medications you were taking before surgery. You will be given an additional prescription for pain medication, which can be taken every three (3) to four (4) hours only if necessary.
- **FOLLOW-UP APPOINTMENT:** You should be seen in the office two (2) to three (3) weeks after discharge. Please call the office at 246-4000 to schedule this appointment.
- **PLEASE CALL US IMMEDIATELY FOR ANY OF THE FOLLOWING PROBLEMS:**
  - severe and worsening numbness or pain in the hand
  - increasing redness, pain or drainage related to your incision(s)
- **PLEASE FEEL FREE TO CALL THE OFFICE WITH ANY OTHER CONCERNS OR QUESTIONS THAT MIGHT ARISE AT (916) 733-0660.**