

Anaesthetics

Advice for after a PICC line or midline insertion

You attended the Day Surgery Unit for an operation to have a tunnelled central line put into your upper arm. This line will let you have long term intravenous (IV) therapy.

Diet

After your operation, you may continue with your usual diet.

Mobility

You can continue your normal activities.

Avoid heavy lifting and repetitive movements.

Bathing

You can have a shower, but do not get the dressing too wet. If the dressing gets very wet, you'll need a new dressing to stop the line falling out.

Do not put your PICC line in water. Do not swim or have a bath.

Driving

You may resume driving, but it's always wise to check with your insurance company.



Patient Information

Return to work

You may return to work, but avoid heavy lifting, strenuous activities and repetitive movements.

Pain relief

Whilst in theatre, local anaesthetic will be injected into your wound. This should keep you pain free for 4 to 6 hours, until you get home.

At home, you can take over-the-counter painkillers such as paracetamol. Paracetamol should relieve any pain or discomfort you have.

Take paracetamol regularly for 3 to 4 days. Do not exceed the dose stated on the packet.

Do not take aspirin for pain relief. This may increase your risk of bruising. If you take aspirin as a routine medicine, contact your GP for advice.

Always read and follow the instructions on medicines carefully.

PICC line and midline care

Infection

The team using the line will monitor it for signs of infection. If you're worried, inform them and they will advise you.

You can help to reduce the risk of infection by:

- keeping your dressing dry
- being careful when getting dressed
- limiting the amount of time your line is handled
- being careful of pulling on it

Patient Information

Dressing change

The dressing on the line needs changing every 7 days. The practitioner using the line will change the dressing.

Contact your care giver if:

- you develop a fever
- you feel pain in your arm, neck, shoulder or chest on the side your line is on
- you have swelling and reddening in your arm, neck or face on the side of your line
- your line becomes longer or shorter than it usually is
- your dressing becomes wet or loose

Contact your care giver now if:

- the area around your line becomes red, warm, swollen, and painful or if it oozes fluid
- blisters appear
- your line becomes damaged in any way
- you develop chest pain or trouble breathing
- your line falls out.

If a hole or crack appears in your line

Put the clamp above the hole and clamp it, and then tell your care giver.

If your line falls out

1. Apply pressure to the site for 10 minutes.
2. Place a dressing over the wound.
3. Tell your care giver and show them the line that has fallen out.

Patient Information

Contact details

If you have any concerns or problems after your operation, contact the Day Surgery Unit on 024 7696 6868 between the hours of 8am and 9pm.

The Trust has access to interpreting and translation services. If you need this information in another language or format, please contact us on 024 7696 6868 and we will do our best to meet your needs.

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