

Day Surgery Unit (Vascular Access Team)

Day Surgery - Discharge advice following a PICC line/midline insertion

Introduction

You are attending the Day Surgery Unit for an operation to insert a tunnelled central line in the upper arm to enable long term intravenous therapy (IV).

Nutrition

After your operation you may resume your normal dietary intake

Mobility

You can resume normal activities as advised by staff, but avoid heavy lifting, strenuous activities and repetitive movements.

Bathing

You can have a shower but care must be taken not to get the dressing too wet. If this happens a new dressing will be needed to prevent the line falling out. **Do not immerse your PICC line in water; so no swimming or having a bath.**

Driving

You may resume driving but it is always wise to check with your insurance company.



Patient Information

Return to work

You may return to work, but light duties are recommended (no heavy lifting etc)

Pain relief

Whilst in theatre, local anaesthetic will be injected into your wound, which should keep you pain free for four to six hours, until you reach home. You may then take your own, over the counter pain killers such as Paracetamol based products (for example Paracetamol, Panadol, Paracodol etc.).

This should relieve any pain or discomfort you may suffer. Please take these tablets regularly for 3-4 days. Do not exceed the dose stated on the packet. It is advisable not to take Aspirin-based pain killers as this may increase the risk of further bruising. If however, you take Aspirin as a routine medication, it is advisable to contact your GP regarding its continuation.

Always read and follow the instructions on medicines carefully.

PICC line/Midline care

The care and advice for both lines are the same.

Infection: The team using the line will monitor it for signs of infection, if you are concerned please inform them and they will advise you. You can help by keeping your dressing dry, taking care when dressing, limiting the amount of time the line is handled and being careful of pulling on it.

Dressing change: The dressing on the line needs changing every seven days. The practitioner using the line will do this.

Contact your care giver if;

- You develop a fever;
- You feel pain in your arm, neck, shoulder or chest on the side where your line is;

Patient Information

- You have swelling and reddening in your arm, neck or face on the side of your line;
- You see your line becoming longer or shorter than it normally was;
- If your dressing becomes wet or loose.

Contact your care giver immediately 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. If a hole or crack appears put the clamp above the hole and clamp it;
- You develop chest pain or trouble breathing;
- Your line falls out. If it falls out apply pressure to the insertion site for ten minutes then place a dressing over the wound. Inform your care giver and show them the line that has fallen out.

Contact details

If you have any concerns or problems following your operation, please contact the Day Surgery Unit: Telephone 024 7696 6868 or 024 7696 6861 between the hours of 8:00am and 9:00pm

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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Document History	
Department:	Day Surgery
Contact:	26868
Updated:	June 2021
Review:	June 2023
Version:	2.1
Reference:	HIC/LFT/1867/15