

## Renal Services

# Infrared Therapy

### Introduction

Far infrared therapy (FIR) is a form of heat therapy emitting rays that penetrate to a depth of <2 cm. It is a convenient and non-invasive technology, an effective therapeutic modality in improving access flow and patency of the arteriovenous fistula (AVF) in hemodialysis (HD) patients.

The therapy is performed while the patient is undergoing their dialysis session and should be used every dialysis for 4-6 weeks on newly created AVF. The treatment aids in increasing the success rate of fistula maturation.

Patients need 40 minutes each HD session and this should finish 30 minutes before the end of their dialysis session.

### What is involved?

Upon the recommendation of your vascular access nurse or dialysis nurse, the following patients are eligible for infrared use:

- New patients that just finished AVF surgery.
- Patients with maturing AVF.
- Patients with steal syndrome (hand ischemia).
- Patients with low access blood flow.
- AVF bruises due to infiltration from previous cannulation.
- Painful arteriovenous fistula (pain situated within the area of cannulation).



## Patient Information

### However, it is not recommended for patients with:

- Clotted AVF, total or partial.
- Patients with grafts.
- Skin infections.
- Patients receiving skin cancer treatment.
- Any adverse reactions and the treatment should be discontinued and reaction reported.

You will notice visible improvement such as puncture wound will heal faster, bruises will fade away usually within one week and cannulation becomes less painful.

### Further information

If you would like any further information or have any questions, please contact Sister Floramae Ibarreta, the Renal Access Nurse on 024 7696 8307

The Trust has access to interpreting and translation services. If you need this Information in another language or format please contact Renal Access Team on 024 7696 8307 and we will do our best to meet your needs.

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