

Renal Services

Peritoneal dialysis (PD) - exit site care

Definitions

The skin surrounding the peritoneal dialysis catheter is known as the **exit site**.

The pathway of the peritoneal catheter from the skin and through the fat and muscle to the peritoneal cavity is known as the **tunnel**.

Post-operative care of your exit site

After having your catheter inserted your dressings will be monitored by the PD nurses. You will have your exit site dressed, normally five to seven days following your operation. This will be done by the nurses until you have been trained how to do this yourself.

You will need to keep this dressing dry and will be asked **not to shower or bath**. It is important to make sure that the catheter is secured firmly to help the healing and prevent infection.

If the dressing needs replacing or you are concerned, please contact the PD nurses. (024 7696 8308 or 024 7696 4000 Switchboard)

Maintaining a healthy exit site

A healthy exit site should be clean, dry, scab free, crust free and should have no redness or tenderness either around the exit site or along the tunnel.

Special care of the exit site is **essential** to keep it healthy.



Patient Information

This includes:

- Cleansing the skin to remove dirt and reduce bacteria
- Examining the exit site and tunnel for signs of infection
- Securing the catheter to avoid tension and tugging

Exit site problems

Inflammation

- Redness of the exit site

Infection

- Redness of the exit site/ hot to touch
- Tenderness
- Pain
- Hardness and swelling
- Discharge

If your exit site becomes inflamed or infected, you should contact the PD nurses immediately. Please contact the PD nurses on the following numbers 024 7696 8308 or 024 7696 4000 ask to bleep PD nurse 2126.

You will need to attend the unit so that your exit site can be examined by the nurses. A swab of your exit site may be taken if necessary. **Do not** clean your exit site before coming to the unit.

What will happen with my exit site following my operation?

Your exit site will be dressed with a small patch and a dressing. This will be done immediately following the insertion of your catheter either by the surgeon or the nurse.

Your catheter will be anchored securely with tape and a further dressing. It is important that your catheter remains anchored securely to help your exit site heal. Your exit site dressing will not be redressed unless there is any excess bleeding or discharge from the wound.

Patient Information

You will be given an appointment to return to the PD department within 7 days time for your exit site to be redressed. The PD nurse will clean your exit site and put a clean dressing on.

You will need to keep your exit site dry, and the dressing must stay in place. **Do not** shower or bath. If the dressing needs replacing before you are due to attend the department you must contact the PD nurse who will make you an appointment to have it redressed.

You will be given further appointments to have your exit site dressed normally every seven days. This will be done until you have completed your training and you know how to take care of your exit site yourself.

Procedure for redressing your exit site following training

1. Close doors, windows and switch off fans.
2. Gather equipment. You will need:
 - Surface cleaning wipes
 - Antibacterial hand wash
 - Paper towels
 - Alcohol hand gel
 - Pack of sterile gauze
 - Sachet of sterile normal saline
 - Cosmopore dressing
 - Roll of tape
 - Bactroban (Mupirocin) cream
 - Mirror may be useful
3. Wash your hands using the antibacterial soap that you have been supplied with, making sure you wash your hands using the technique you were shown during your training. You will be supplied with paper towels. To dry your hands, you must only use the paper towels provided. This helps prevent infection spreading to your exit site.
4. Clean your surface with the surface cleaning wipes.
5. If you are able to, shower remove your dressing before you get into the shower:

Patient Information

- a. Make sure that you check your exit site thoroughly for any signs of infection.
 - b. If there is any redness/discharge/pain, you **must** contact the PD department.
6. Whilst showering:
- a. Leave your anchor tape in place
 - b. **Do not** use any sponges, flannels or body puffs.
 - c. Use a soap that is not scented, ideally an antibacterial shower gel.
 - d. When washing your hair allow the water and soap to run down your back, tilting your head backwards.
7. After showering, dry your body as usual and leave the exit site to dry thoroughly on its own
8. Wash your hands using the technique shown and antibacterial soap supplied, drying your hands with paper towels supplied.
9. Open the pack of sterile gauze and separate the gauze into two piles. Pour some of the sterile normal saline onto one of the piles.
10. Gel your hands
11. Clean the exit site with the wet gauze using a 'C' shape motion around the area. Do not rub the skin.
12. Dry the area thoroughly with the dry gauze using a 'C' shape motion. Do not rub the skin.
13. Open your clean dressing and apply a pea sized amount of the Bactroban cream to the middle of the dressing
14. Ensure that the skin is completely dry and then place the new dressing over the exit site ensuring that the Bactroban cream sits directly over the exit site.
15. Apply a new anchor tape to catheter to prevent it from moving and to ensure that they catheter is secure.
16. Remove old anchor tape only when the new one is in place.
17. Your exit site must be dressed on alternate days as a minimum but more frequently if you are showering daily.

Patient Information

Helplines

PD Department

Telephone: 024 7696 8308

Monday to Friday, 7.30am to 8pm

Weekends, 7.30am to 3.30pm

If we are unable to take your call, there is an answer phone service. This is checked throughout the day, and we will return your call as soon as we can.

Telephone: 024 7696 4000 and ask the main switch board to bleep the PD nurse on 2126.

This should be used if you have an urgent problem with you your dialysis.
Out of hours 5.30pm to 7.30am Telephone **Ward 50** 024 7696 8256.

The Trust has access to interpreting and translation services. If you need this information in another language or format, please contact 024 7696 8264 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

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