

Call your hemodialysis unit or go to your nearest Emergency Department if you have any of the following:

- fever or chills: fever is a temperature above 38°C (100°F)
- redness, warmth, or drainage
- excessive bleeding
- increasing pain
- significant swelling in any part of your arm

For 24 hour professional health advice and information, call:



Endovascular Arteriovenous Fistula (AVF)

An AVF (also called a fistula) is made by joining an artery to a vein in your arm. This creates a strong blood vessel that can be used for hemodialysis.

The arm with the fistula is called your **access arm**.

To protect your access arm, do not let anyone use it for:

- Blood work
- Blood sugar checks
- Blood pressure checks
- IV lines or needles

Caring for your access arm after your procedure:

- Keep your arm elevated as much as you can for the first few days. This helps blood flow and reduces swelling and pain.
- You may feel mild numbness or tingling while your arm heals. This is normal.
- Keep the bandage clean and dry to help prevent infection. Leave it on for 2 days after your procedure.
- **Do not shower** for 2 days after your procedure, bathe only to keep your bandage clean and dry
- **Do not wear tight clothing** or jewelry on your access arm, including watches or rings.
- Do not lift anything heavier than 10 pounds with your access arm for the first **3 weeks**.
- You can return to normal activity after 3 weeks.



Saskatchewan Health Authority. *Healed endovascular arteriovenous fistula* [clinical photograph]. April 8, 2025. Used with permission.



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Pain and Swelling after your procedure:

- In the first 24 hours, use a **cold pack** for 10 to 15 minutes at a time to reduce pain and swelling. Do not place ice directly on the skin.
- After 24 hours, warmth can help. Use a clean cloth soaked in warm (not hot) water for 10 to 15 minutes at a time.

Follow-Up Appointments

- You will have ultrasound appointments at 3 weeks and 6 weeks after your procedure.
- Your fistula can be used for hemodialysis as early as 6 weeks after your procedure.

Medication

- Tylenol (acetaminophen) is the only pain medicine recommended.
- Take Tylenol (acetaminophen) as directed.

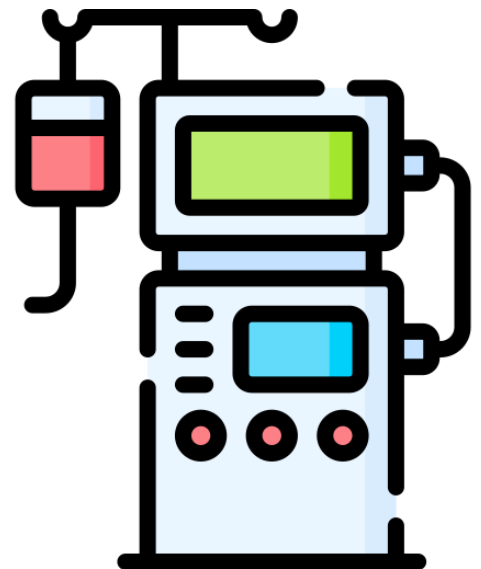
For questions or concerns
please contact:

Access Nurse

Monday to Friday
7:00 a.m. to 4:00 p.m.
(306) 655-5482

Hemodialysis Unit (Saskatoon)

Monday to Saturday
7:00 am to 10:30 pm
(306) 655-5315



For 24 hour professional
health advice and
information, call:

**HealthLine 811**
HEALTHLINEONLINE.CA +++

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