



PICC Line Placement Discharge Instructions

Immediate Aftercare Instructions:

- You received local anesthetic during your PICC line placement. As the lidocaine wears off, you may feel some tenderness and discomfort.
- Ask your doctor if you have any questions about pain medication. You may take an over the counter pain medication such as acetaminophen or ibuprofen unless contraindicated by your doctor or medications you are taking.
- You may experience bruising, swelling, and a small amount of bleeding at the insertion site. If your dressing becomes saturated with blood or fluids and leaking occurs, please contact your doctor.

PICC Line Care and Maintenance:

- PICC line dressings are usually changed within 24 hours of placement and then weekly.
- PICC lines are maintained by your doctor's office, or a healthcare company as ordered.
- The doctor who ordered the PICC line placement should also give the orders for PICC line care and maintenance.

Home Care:

- You can generally take a shower if your dressing and lines are covered with a waterproof film such as Press n Seal Saran Wrap. You will need to tape all seams and edges with medical tape. There are some products available to protect your arm and PICC line dressing during showers.
- If your dressing gets wet, it will need to be changed by a healthcare professional. A saturated or wet dressing can increase your risk of infection.

Do not participate in strenuous activity for 24 hours This includes ironing, vacuuming, mopping, laundry, dishes, cooking with heavy bowls/pans, any sports activity such as tennis, golfing, aerobics, weightlifting, skiing, horseback riding, etc. These activities increase your risk of bleeding and bruising. For two days, avoid any activities that cause your insertion site to be disturbed.

Never immerse your catheter in water, such as a swimming pool, hot tub, or bathtub.

Please call your ordering doctor or primary care physician if you notice any of the following:

- Significant pain at the site unrelieved by Tylenol
- Hematoma or painful lump around the site
- Fever greater than 100.6°F
- Redness or drainage at biopsy site
- Continued nausea and vomiting

Seek EMERGENCY CARE if you have:

- Chest pain
- Uncontrolled bleeding
- Confusion or change in mental status
- Difficulty breathing or shortness of breath
- Progressive swelling of any area
- Severe abdominal pain or bloating
- Dizziness or feeling like you are going to pass out

If you have an emergency, go directly to the nearest emergency room or call 911. Do not wait to contact our staff.

Teton Radiology may be reached at (208) 524-7237 for Idaho Falls, or (208) 356-4888 for Rexburg.

(Patient name - Please print)

Your radiologist was:

I understand the above information.

(Patient or family member's signature)

Date

Reviewed with me by:

(Technologist or nurse)

Date