

## Central Venous Catheter (CVC) Sterile Dressing Change - The James

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A dressing protects your catheter site and helps reduce the risk of infection. You will need to use **sterile technique** when doing your dressing change.

The nurse will put a check (✓) in the box by the type of dressing for your catheter site.

- Tegaderm CHG (Chlorhexidine Gluconate)
- Plain transparent adhesive dressing
- Gauze dressing

### Check Your Dressing Each Day

- It is important to keep your dressing clean and dry at all times.
- Be sure the edges are not lifting off the skin.
- If you have a CHG dressing, press lightly on the gel pad with your finger. If you remove your finger and there is still a dent in the dressing where your finger was, the dressing **should be** changed.

### How Often a Dressing Needs to be Changed

The nurse will put a check (✓) in the box for how often you are to change your dressing.

- Change every seven days or as soon as possible if it is wet, soiled, loose, or open to air.
- Change every other day or as soon as possible if it is wet, soiled, loose, or is opened to air.

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**This handout is for informational purposes only. Talk with your doctor or health care team if you have any questions about your care.**

## Supplies Needed For a Dressing Change

To change your catheter dressing, you will need:

- A Sterile Dressing Kit with these items:
  - ▶ Sterile gloves
  - ▶ Paper sheet
  - ▶ 2 alcohol swab sticks in package
  - ▶ Chloraprep swab stick (Chlorhexidine with alcohol)
  - ▶ 2 x 2 gauze pads
  - ▶ Skin barrier film pad
  - ▶ Tegaderm CHG dressing with tapes
  - ▶ A mask (You and your caregiver may be told to wear a mask while doing this dressing change. If this is the case, you will need more than one mask.)

Your Patient Care Resource Manager (PCRM) will arrange for your supplies to be delivered to your room prior to discharge or to your home.

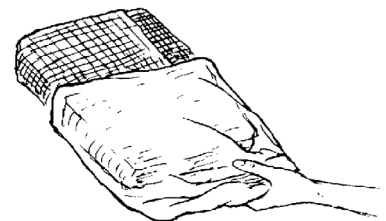
## How to Clean the Work Area

You will need these supplies to clean the work area:

- Disinfectant household spray cleaner or a disinfectant wipe
- Paper towels, if using spray cleaner
- Plastic trash bag or trash can

## How to Prepare For a Dressing Change

- Prepare the work area by cleaning the surface with disinfectant cleaner. Let it air dry.
- Wash your hands with soap and water.
- **If you and your caregiver should wear masks, put them on now.**
- Open the outer plastic bag holding the sterile dressing kit. Place the sterile kit on the clean surface. Take the outer cover off the sterile kit. Use this as a trash bag for the old dressing.

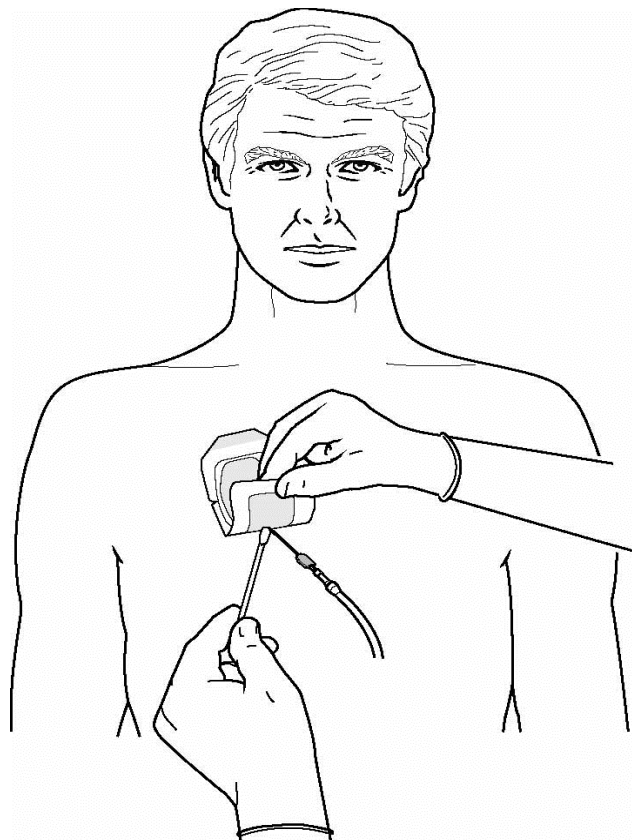


## How to Remove a Dressing

Follow the instructions below for how to remove the type of dressing on your catheter site.

### Tegaderm CHG Dressing

- The dressing will be very sticky. To help loosen the dressing as you remove it and to keep from pulling out the catheter, you may use one of following:
  - ▶ Alcohol wipes
  - ▶ Sterile saline in a syringe or sterile saline soaked gauze
- Gently and slowly peel back the dressing. When peeling back the dressing, it is helpful to place a thumb or forefinger on the gel pad to keep it together. Slowly peel back and moisten the edge of the gel pad with the alcohol swab to loosen it.
- If parts of the gel come off the dressing, remove it with a sterile saline soaked gauze.
- Throw the old dressing into the plastic bag. Remove the gloves and throw them in the plastic bag too.



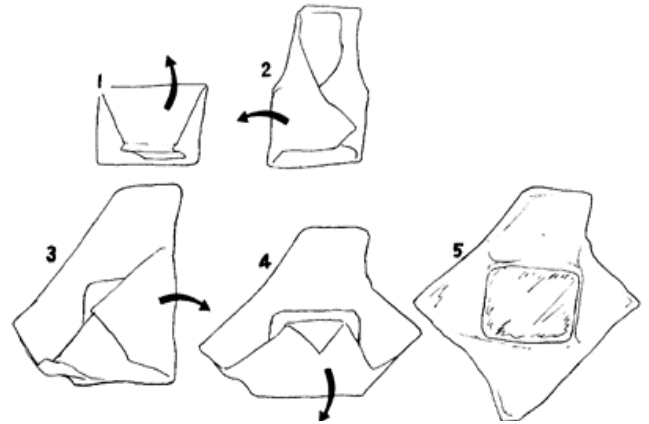
### Plain Transparent Adhesive Dressing or Gauze Dressing

- Begin to take the old dressing off by loosening the edge of the transparent dressing (or the tape if it is a gauze dressing).
- Start at the edge away from the exit site of the catheter and lift the edge of the dressing or tape. Peel the dressing off. You may use an alcohol wipe to help loosen the dressing as you remove it.
- Throw the old dressing into the plastic bag. Remove the gloves and throw them in the plastic bag too.

## Care of the Catheter Site

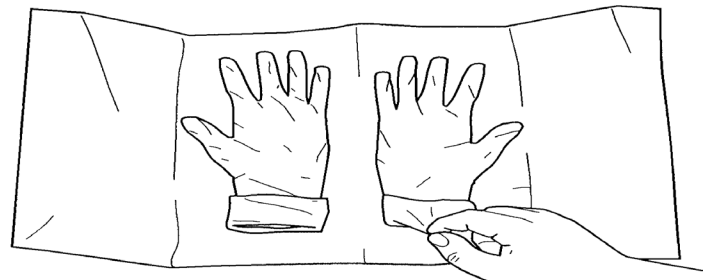
- Wash your hands with soap and water. Open the sterile kit by unfolding the paper wrapper. Start with the fold that is farthest away from you. (See the Patient Education handout on [Sterile Technique](#)).

- If you have more than one catheter,** open the packages for each of the extra supplies, one at a time and drop onto the sterile area. If different tape is used, it is not sterile, so do not add it to the sterile area. Put the tape nearby.



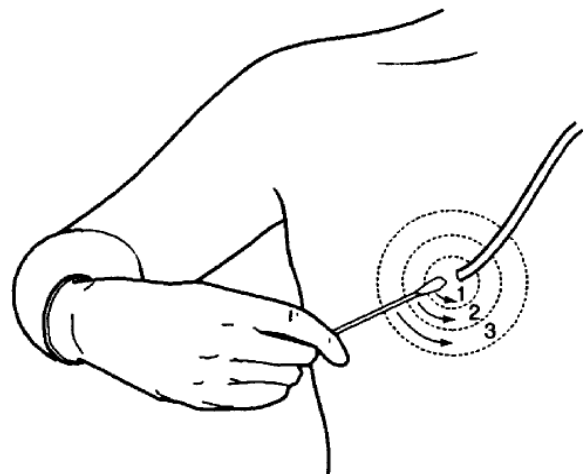
- Put on sterile gloves.

- Open the supplies found in the sterile dressing kit.

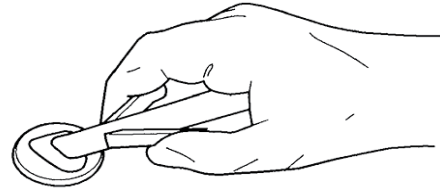


- Put the paper sheet over the catheter. This sheet allows you to move the catheter and keep your gloves sterile. Lift the end of the catheter with your gloved hand by pinching the sheet around it.

- If there is drainage or crusting near the exit site, use an alcohol swab stick to clean around the exit site where the catheter comes out from your skin. Use a circular motion and start at the center of the catheter. Work **outward** without going back to the center. You may repeat with a second alcohol swab stick if any crusting remains. You do not need to use the alcohol swab sticks if no drainage or crusting is seen.

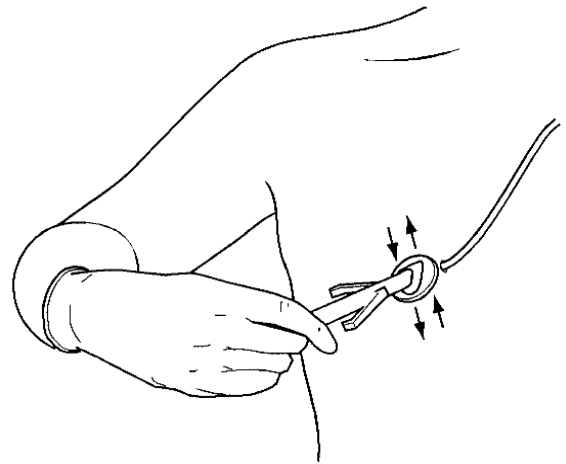


- Take the Chloraprep swab from the kit. Squeeze the Y arms of the swab to release the liquid. Touch the swab firmly to the exit site a couple of times until the liquid soaks into the sponge.



- Swab the exit site back and forth then up and down with the Chloraprep swab stick for **at least 30 seconds**.

- Clean the catheter with the Chloraprep swab stick. Start at the exit site and clean 2 to 3 inches out toward the end of the catheter. Lay the catheter on the skin. Let the catheter dry for **at least 30 seconds**. **The catheter and skin must be completely dry before you apply the dressing.**

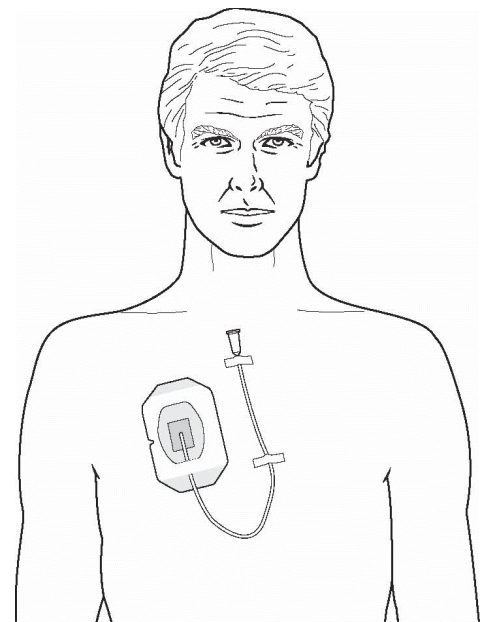


**Note:** You may be told to use the **skin barrier** film pad to protect your skin under the dressing. Use the pad to paint a square around the exit site. Start **one-inch away from** where the catheter comes out from your skin. Do not put the skin barrier on or near the exit site. Fill in from the square out to where the edge of the dressing will be placed.

## How to Put On a Tegaderm CHG Dressing

**Note: If you are using a Plain Transparent Adhesive dressing you should also follow these steps.**

- Put on the Tegaderm CHG dressing so the exit site is in the center of the gel pad.
- Peel the printed paper from the back of the dressing. Put the top end down first and smooth out the rest across

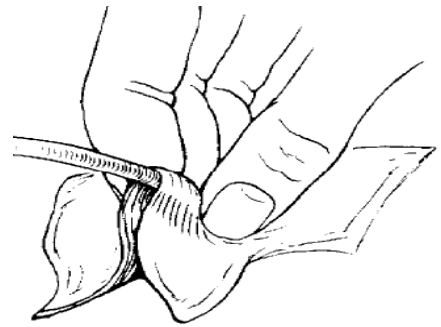


the exit site and catheter. The dressing has a slit opening at the bottom. Overlap the edges of the dressing under the catheter.

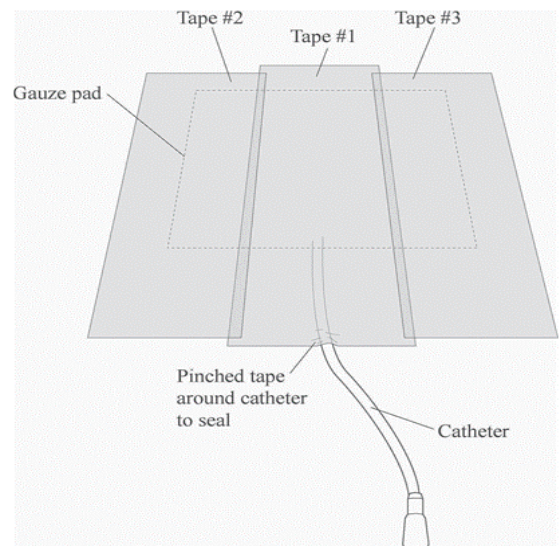
- Remove the paper frame from the dressing.
- Secure the catheter with tape. Loop the catheter with the injection cap pointed toward your head and tape it on your chest.

## How to Put On a Gauze Dressing

- Put the gauze square over the exit site.
- Take off your gloves.
- Put tape  $\frac{1}{2}$  inch beyond the gauze pad on all sides. Put the first piece down the center of the gauze and over the catheter. Pinch the tape around the catheter at the bottom of the dressing. Pinching sticks the tape to itself around the catheter.



- Use two more pieces of tape to completely cover the gauze. **The taped edges should overlap** so the dressing is sealed on all sides.



- If your catheter is long, coil the catheter with the injection cap so it is pointed up toward your head. Tape the coiled catheter to your chest.

