

# PICC or Midline Catheter Sterile Dressing Change

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A PICC (Peripherally Inserted Central Catheter) and a Midline catheter are special types of IV lines that can be used to give IV medicines or fluids. A dressing is needed to cover and protect your catheter site to help lower the risk of infection. **Sterile technique** will be used when doing the dressing change.

**Tell your doctor if you do not have someone to help with your dressing change.** A home health nurse or caregiver will need to do the dressing change. You should not try to change this type of dressing by yourself.

## Check Your Dressing Each Day

- It is important to keep the dressing clean and dry at all times.
- Be sure the edges of the dressing 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 does a dressing need to be changed?

Change the dressing every 7 days or as soon as possible if it is wet, soiled, loose, or open to the air.

## Supplies for a Dressing Change

To change your catheter dressing, you will need:

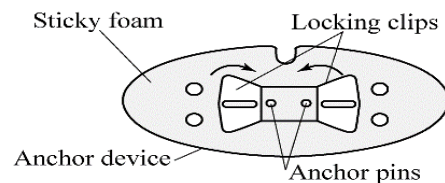
- A Sterile Dressing Kit with these items:
  - ▶ 2 pairs of sterile gloves
  - ▶ Paper sheet

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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.**

- ▶ Alcohol swab stick
  - ▶ Chloraprep swab stick (Chlorhexidine with alcohol)
  - ▶ 2 x 2 gauze pads
  - ▶ Skin barrier film pad
  - ▶ Tegaderm™ CHG dressing with tapes
  - ▶ A mask (The person doing your dressing change should always wear a mask. The patient should also wear a mask if unable to turn their head away from the catheter exit site)
- An anchor device, also known as a Stat Lock in a sterile package that is used to hold your catheter in place.

- ▶ The anchor device must be changed at the same time as your dressing change one time each week.



- ▶ Check the skin around the anchor device for any sign of irritation, like redness or tenderness.
- ▶ To remove the anchor from the skin, use an alcohol pad around the edges of the foam to help loosen the sticky backing. Unlock the clips to remove the PICC catheter from the anchor device.

Your Patient Care Resource Manager (PCRM) will arrange for your dressing supplies to be delivered to your room before you leave the hospital or to your home.

## How to Clean the Work Area

You will need these supplies to clean the work area:

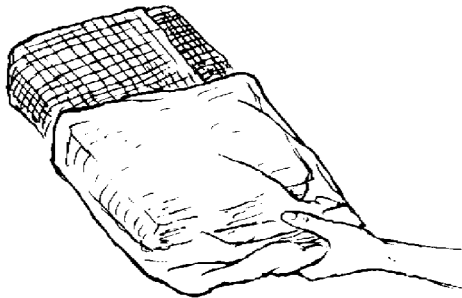
- Disinfectant household spray cleaner
- Paper towels
- Plastic trash bag or trash can

## How to Prepare For a Dressing Change

- Prepare the work area by cleaning the surface with disinfectant household spray and a paper towel. Let it air dry.
- Wash your hands with soap and water.



- Put on a mask (the patient should also wear a mask if they are unable to turn their head away from the catheter exit site.)
- 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.

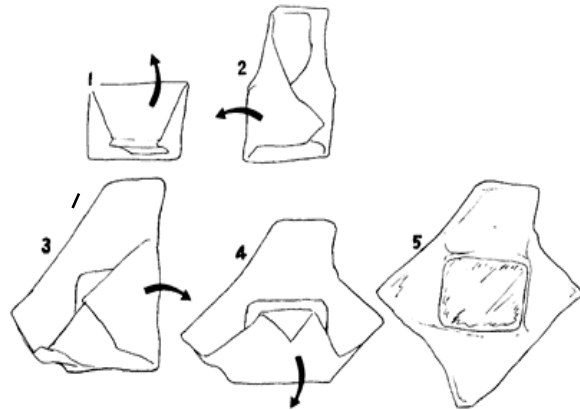


## How to Remove a Dressing

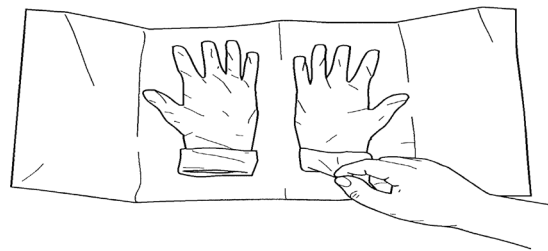
Follow the directions on how to remove the type of dressing that covers the PICC site.

### *Tegaderm™ CHG Dressing*

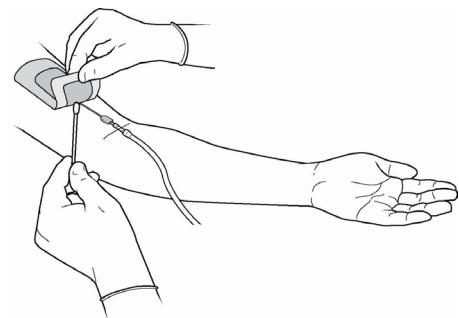
- Wash your hands with soap and water. Open the sterile kit by unfolding the paper wrapper. Start with the fold that is farthest away from you. (See the Patient Education handout on [Sterile Technique](#))



- Put on the first pair of sterile gloves.
- The dressing will be very sticky. To help loosen the dressing as you remove it and to keep from pulling out the catheter, use one of the following:



- ▶ Alcohol swab sticks
  - ▶ Alcohol wipes
  - ▶ Sterile saline in a syringe or sterile saline soaked gauze
- Start by slowly peeling back the old dressing up towards the shoulder using one gloved hand. Remove the dressing starting at the side closest to the hand and continue to peel up the arm.
  - When peeling back the dressing, pinch the gel pad between your thumb and forefinger to keep the gel pad together. If needed, use a few drops of sterile saline to help the gel pad lift off the PICC.
  - Slowly peel back and moisten the edge of the gel pad to loosen it.

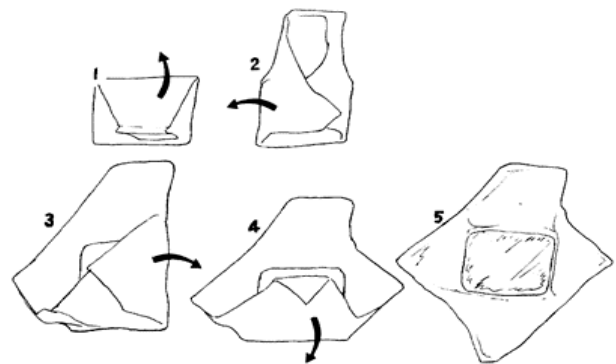


- If parts of the gel come off the dressing, remove the gel with a sterile saline soaked gauze.
- **Hold the catheter at the exit site with the other gloved hand to keep it from being pulled out when removing the dressing.**
- Always check the length of the PICC catheter from where it exits your skin to its tip with each dressing change. The length should be the same as when it was placed. Your health care team will tell you what the length of the catheter should be. **If the length of the catheter changes contact your doctor or home health nurse.**
- Throw the old dressing into the trash.
- **Remove the anchor device.**
  - ▶ Open the locking clips of the anchor device and lift the wings of the catheter out, be careful not to touch the skin. Remove the anchor device and throw it in the trash. Keep your arm still so the catheter does not pull out.
  - ▶ Remove the gloves and put them in the trash.

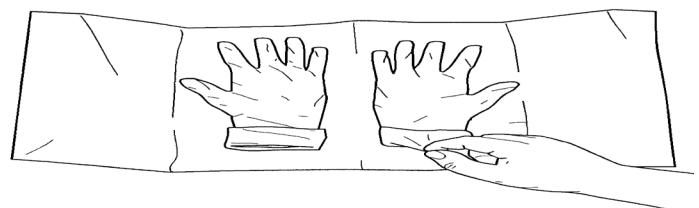
**If the PICC comes out part way or totally out of your arm during the dressing change, Do not push the line back in. Cover the area with a gauze and apply firm pressure, then call your doctor or home care nurse.**

### *Plain Transparent Adhesive Dressing or Gauze Dressing*

- 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](#))



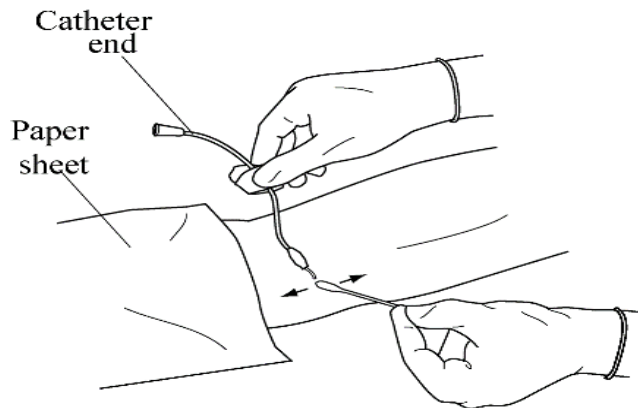
- Put on the first pair of sterile gloves.



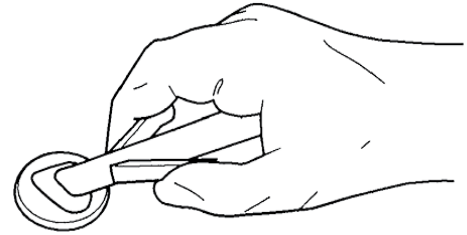
- Start by slowly peeling back the old dressing using one gloved hand. Remove the dressing starting at the side closest to the hand and continue peeling up the arm.
- **Hold the catheter at the exit site with the other gloved hand to keep it from being pulled out when removing the dressing.**
- Throw the old dressing into the trash.
- Remove the anchor device.
  - ▶ Open the locking clips of the anchor device and lift the wings of the catheter out, be careful not to touch the skin. Remove the anchor device and throw it in the trash. Keep your arm still so the catheter does not pull out.
  - ▶ Remove the gloves and put them in the trash.

## Care of the Catheter Site

- Put on the second pair of sterile gloves.
- Open the supplies found in the sterile dressing kit.
- Pick up the paper sheet from the kit. Open the paper sheet carefully. Holding the front of the sheet with your gloved hands, place the paper sheet over the arm below the catheter exit site. Be careful not to touch your gloves against the arm or catheter.
- Pick up the gauze pad and pinch it around the catheter so your glove stays sterile. Hold the catheter with the gauze while you clean the site.
- If you see any dried blood around the exit site where the catheter comes out from the skin, clean the area with the alcohol swab stick or chloraprep swab stick. Use friction and a back and forth motion to clean the skin with the swab stick. Allow the area to air dry.
- **Do not blow on the exit site or the area where the cleaning solution was placed. Allow the area to air dry.**



- While still holding the catheter with the gauze in one hand, pick up the Chloraprep stick with your other hand.
- Squeeze the Y-arms on the Chloraprep stick to release the liquid. Touch the sponge firmly down on the skin until the liquid soaks into the sponge.

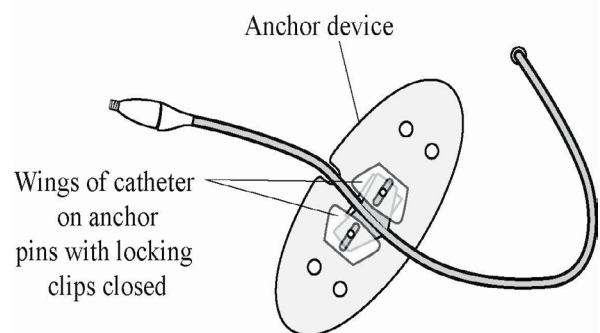


- Clean the exit site back and forth with the Chloraprep sponge for at least **30 seconds**.
- Clean the catheter with the Chloraprep sponge. Start at the exit site and clean 2 to 3 inches out toward the end of the catheter. Make sure you also clean the wings of the catheter.
- Lay the catheter on the paper sheet and throw away the gauze. 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 the Anchor Device*

- Position the wings of the catheter on the anchor pins and close the locking clips.
- Peel the paper backing off the anchor device. Place it on the skin to the side or just below the catheter exit site.
- If the PICC catheter is long, you may need to curve the catheter up to make sure the anchor and all of the line is under the dressing.

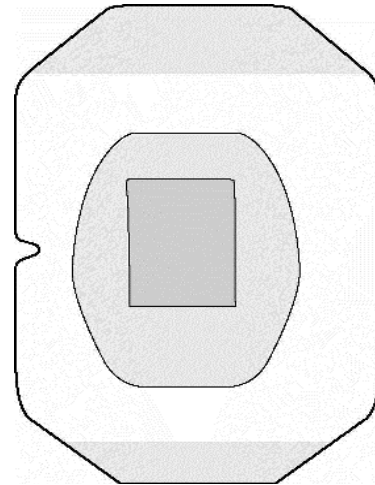


**Note:** If the **PICC catheter is longer and the anchor device is not covered by the dressing**, you can change the dressing with the catheter still in the anchor device. After you have the sterile dressing changed, you can then remove the wings of the catheter from the anchor device and replace it with a clean one.

## How to Put On a Tegaderm™ CHG Dressing

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

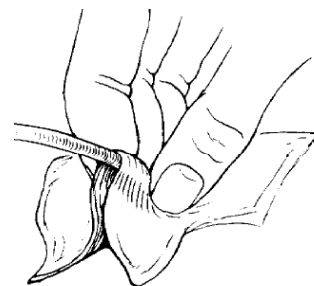
- Put on the Tegaderm™ CHG dressing so the exit site is in the center of the gel pad.
- Peel the printed paper from the back of the dressing. Gently place the top end down first and smooth out the rest across the exit site and catheter. Do not stretch the dressing over the site. The dressing has a slit opening at the bottom. Overlap the edges of the dressing under the catheter.



- Remove gloves and throw into the trash.
- Loop the catheter with the injection cap so it is pointed up. Tape the catheter to the arm.
- Throw all used supplies into the trash.
- Wash your hands well with soap and water or use an alcohol based hand sanitizer.
- Write the date on the edge of the dressing so you know when it was last changed.

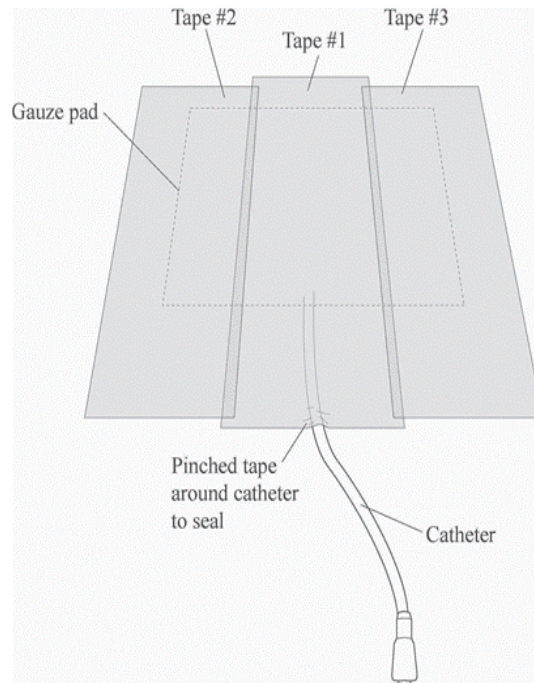
## How to Put On a Gauze Dressing

- Put the gauze square over the exit site.
- Take off your gloves.
- Put tape ½ 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.

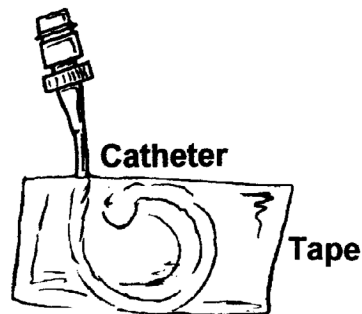




- Use two more pieces of tape to completely cover the gauze. **The taped edges should overlap** so the dressing is sealed on all sides.



- Loop the catheter with the injection cap so it is pointed up. Tape the catheter to the arm.



- After the dressing change, wash your hands well with soap and water or use an alcohol based hand sanitizer.
- Write the date on the edge of the dressing so you know when the dressing was last changed.