

Groshong Catheter

After Visit Summary

This is general information. Please see your After Visit Summary for how to take care of yourself after surgery.

Your health care team will work with you to understand any challenges you have after your hospital stay. This will help your team work toward a plan to make sure you have the right care and support to help manage your health after you leave the hospital.

Your Surgery

Your health care provider will place a Groshong catheter under your collarbone. The catheter is used to access a vein to give medicines or draw blood.

What to Expect After Surgery

- A small amount of bleeding is normal in the first 24 to 48 hours.
- Carry your medical alert ID card with you. It provides important information about your catheter for health care providers.

Before the Surgery

- Tell your health care provider if you:
 - are pregnant
 - have a latex allergy
 - have diabetes
 - take a blood-thinner medicine.

- Remove any jewelry or piercings.
- Arrange to have someone drive you home. You will not be able to drive after the surgery.

Pain Relief

- Take any prescription or over-the-counter medicine as directed.

Activity

- Your health care provider will tell you when it's OK for you to shower, drive, return to work, exercise and have sex.
- Avoid doing anything that could damage or pull on your catheter.
- Check with your doctor before swimming or soaking in a bath or hot tub.
- Wear comfortable clothing. Don't wear anything that would rub or irritate the catheter site.
- Adjust the car seat belt to avoid irritation and rubbing.
- Slowly return to your regular level of activity.
- Follow your health care provider's directions for how much you can safely lift.
- Rest as needed.
- Avoid tobacco and secondhand smoke. They can slow your recovery.

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Catheter Site Care

- Protect the catheter site when you take a bath or shower until your health care provider gives you other directions.
 - Cover the site with a shower guard or plastic wrap taped over the dressing.
 - If the gauze dressing gets wet, you will need to change it.
 - Remove or change your dressing as directed by your doctor.
- Check the skin around your catheter every day for redness and swelling.
- Securely tape the catheter to your chest as directed.

Incision Care

- **If the catheter leaks or is accidentally cut:**
Check the cap and tighten it if necessary. If the catheter is still leaking, fold it over on itself and tape it securely in the folded position.
- **If the catheter gets pulled out:**
Put pressure over the site with a sterile gauze or a clean cloth and call 911.
- **If there is air in the catheter:**
If there is air in the catheter, fold it over on itself and put tape around it so it doesn't unfold. If you feel short of breath or have chest pain, call 911. **This is an emergency.**

Food and Beverages

- Eat well-balanced meals. Follow any instructions your health care provider gave you.
- Avoid alcohol while you are taking prescription pain medicine.

When To Call Your Health Care Provider

Call your health care provider if you:

- have a temperature of 101 F or higher
- have new pain or pain you can't control
- feel dizzy or lightheaded that won't stop
- have signs of infection at your incision site:
 - pain
 - swelling
 - redness
 - odor
 - warmth
 - green or yellow discharge
- have bleeding that gets worse
- have swelling of your arm, hand or shoulder on the same side as your catheter
- can't get the catheter to flush (Do not force flush the catheter.)
- are unable to get out of bed
- have nausea (upset stomach), bloating or vomiting (throwing up) that won't stop
- have any questions or concerns.

Follow-up Appointment

Please keep all follow-up appointments with your health care provider or specialist, even if you are feeling well.