

Changing your dressing

In most cases, your dressing will be changed in the clinic. You may be taught how to change your dressing at home. If so, please follow the instructions below. While you have your central line, please:

- Look at your dressing and exit site every day. Report any bleeding or drainage, redness or swelling, pain or discomfort to your care team.
- Talk to your nurse if your skin is sensitive to the dressing.

If you have a Tegaderm® CHG dressing:

- It should be changed every 7 days.
- The dressing should also be changed if:
 - The exit site cannot be seen because of drainage or moisture
 - The gel pad stays depressed when pressed with finger (this means there is too much moisture in the pad)
 - The dressing starts to come off

If you have a gauze and tape dressing:

- It should be changed every 24 to 48 hours.
- The dressing should also be changed if it:
 - Gets wet because of drainage or moisture
 - Comes off

How to change your Tegaderm CHG dressing

Supplies

- 2 pairs of clean gloves
- 1 transparent dressing (Tegaderm® CHG)
- 1 ChloraPrep® applicator (also called chlorhexidine)
- 4-6 alcohol pads for cleaning the line and if needed, removing the dressing
- 2 Cavilon No-Sting Barrier Film® pads or swabs
- 1, 10 ml saline syringe
- 1 package of 2x2 sterile gauze
- Cloth pouch or plastic tape (if using for tape tabs)
- Adhesive remover (optional)

Instructions

1. **Wash your hands with soap and water and put your supplies on a clean work surface.**
2. Put on clean gloves.
3. If present, remove plastic tape near central line end caps.
4. Remove existing dressing.

If you have a Tegaderm CHG dressing:

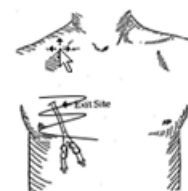
Remove the old dressing by starting at bottom corner, lifting up and folding back upon itself, pulling “low and slow” or rolling with fingers. When gel pad is reached, use an alcohol pad or adhesive remover if needed to loosen gel pad from central line and skin while continuing to slowly pull back on dressing, grasping both the gel pad and dressing. **Do not use scissors. Remove dressing and throw away.**



If you have a gauze and tape dressing and are switching to Tegaderm CHG: Remove the old gauze and tape dressing and throw away. **Do not use scissors.**

How to change Tegaderm CHG dressing, (continued)

5. Remove gloves.
6. **Wash your hands again.**
7. Put on pair of clean gloves.
8. Wet the sterile gauze pad with the saline syringe. Using the gauze pad, cleanse the area around the central line exit site. If there is crust, clean it from the central line exit site using an alcohol wipe, if necessary. If there is a scab, you do not need to remove it.
9. Activate the Chloraprep applicator by squeezing the wings. Scrub around the central line exit site with Chloraprep applicator using a back-and-forth motion for 30 seconds. Allow to dry completely for 1-2 minutes.



The squiggle shows the back and forth motion referred to in step 9.

- **Alternate cleaning procedure for chlorhexidine allergy:** Use a povidone-iodine swab to clean the exit site in a circular motion, starting at the central line exit site and moving outward away from the exit site. Repeat with the other two povidone-iodine swabs, for a total of 3 cleanings at the exit site. Allow to air dry and do not wipe off. If you are sensitive to povidone-iodine, you may remove the iodine with a sterile gauze pad soaked with sterile saline syringe.
 - **Alternate cleaning procedure for chlorhexidine AND povidone-iodine allergies:** Use a 70% alcohol swab to clean the exit site in circular motion, starting at the central line exit site and moving outward away from the exit site. Repeat with the other 2 alcohol swabs, for a total of 3 cleanings at the exit site. Allow to air dry and do not wipe off.
10. Open 2 alcohol wipes for each lumen. Use one to hold the line near the exit site and one to wipe it, start at the exit site and wipe towards the end of the line, including the end caps. Repeat for each lumen.

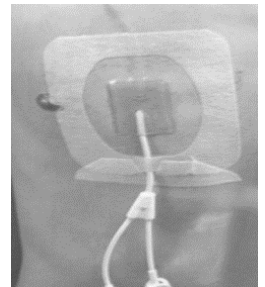
Make sure the central line exit and area around the exit site is completely dry before you move to the next step.

How to change Tegaderm CHG dressing, (continued)

11. After cleansing has dried completely, apply Cavilon No-Sting Barrier Film to the area that will be under the transparent dressing. Avoid the exit site and the area that will be under the chlorhexidine gel pad. **Allow to dry completely for 1-2 minutes.**

12. Apply new dressing (skin should be completely dry before you do this).

- Apply Tegaderm CHG transparent dressing by peeling the liner from the dressing, exposing the adhesive surface.
- Center the dressing and gel pad over the central line exit site and **press** gently to make it adhere. Make sure the central line comes out of the dressing edge at a notch.
- Slowly remove the paper frame from the dressing while smoothing down the dressing edge.
- Smooth the entire dressing from the center towards the edge using firm pressure to enhance adhesion. If your gloves stick to the dressing, you may remove them.
- Remove tape “wings” from frame, lift central line, and apply wing across opening of dressing underneath the central line, creating a little hole where the central line comes through. This helps keep the central line secure.



- Paint border (outside edges) of transparent dressing with Cavilon No-Sting Barrier Film to create a seal between the transparent dressing and the skin.

13. Secure the central line **one** of the below ways to prevent accidental removal of the line:

- Place central line in a clean cloth pouch and secure the pouch with a bulldog clamp to clothing or a lanyard. Pouches are for one-day use and should be washed daily; OR
- Place plastic tape tabs between clamp and cap on the central line and change daily. Use the plastic tape tabs and bulldog clamp to secure the central line to clothing or a lanyard.

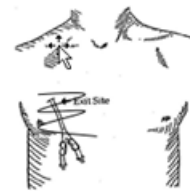
How to change your gauze and tape dressing

Supplies

- 2 pairs of clean gloves
- 2 packages 2x2 gauze OR 1 package 2x2 split gauze and 1 package of 2x2 gauze
- 1 ChloraPrep One-Step applicator, also called chlorhexidine
- 4 alcohol pads for cleaning line (use 2 per lumen)
- 1 Cavilon No-Sting Barrier Film® pad or swab
- Paper tape
- Cloth pouch or plastic tape (if using for tape tabs)

Instructions

1. **Wash your hands with soap and water and assemble supplies on a clean work surface.**
2. Put on clean gloves.
3. If present, remove plastic tape near central line end caps.
4. Remove existing dressing and throw away. **Do not use scissors.**
5. Remove gloves.
6. **Wash your hands again.**
7. Put on pair of clean gloves.
8. If there is crust, clean it from the central line exit site using an alcohol wipe, if necessary. If there is a scab, you do not need to remove it.
9. Activate the ChloraPrep applicator by squeezing the wings. Scrub around the central line exit site with ChloraPrep applicator using a back-and-forth motion for 30 seconds. Allow to dry completely for 1 to 2 minutes.



The squiggle shows the back and forth motion referred to in step 9.

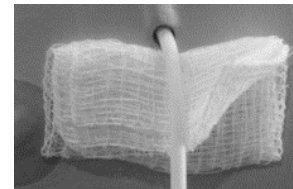
How to change gauze and tape dressing, (continued)

- **Alternate cleaning procedure for chlorhexidine allergy:** Use a povidone-iodine swab to clean the exit site in a circular motion, starting at the central line exit site and moving outward away from the exit site. Repeat with the other two povidone-iodine swabs, for a total of 3 cleanings at the exit site. Allow to air dry and do not wipe off. If you are sensitive to povidone-iodine, you may remove the iodine with a sterile gauze pad soaked with sterile saline syringe.
 - **Alternate cleaning procedure for chlorhexidine AND povidone-iodine allergies:** Use a 70% alcohol swab to clean the exit site in circular motion, starting at the central line exit site and moving outward away from the exit site. Repeat with the other 2 alcohol swabs, for a total of 3 cleanings at the exit site. Allow to air dry and do not wipe off.
10. Open 2 alcohol wipes for each lumen. Use one to hold the line near the exit site and one to wipe it, start at the exit site and wipe towards the end of the line, including the end cap. Repeat for each lumen.

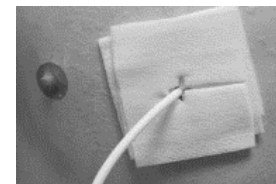
Make sure the central line exit and area around the exit site is completely dry before you move to the next step.

11. After cleansing has dried completely, apply Cavilon No-Sting Barrier Film to the area that will be under the tape. Avoid the exit site and the area that will be under the gauze. Allow to dry completely for 1-2 minutes
12. Apply dressing.

- **If using folded gauze:** Touching only the corner, remove one of the 2x2 gauze pieces, fold in half and place under the central line.



- **If using split gauze:** Touching only the corners, place the 2 split gauze pieces with the slits positioned horizontally (in opposite directions) around the central line as close as possible to where it exits the skin.



How to change gauze and tape dressing, continued

- For either dressing, place a 2x2 gauze piece over the line and gauze.

- Secure gauze to skin with paper tape.



13. Secure the central line **one** of the below ways to prevent accidental removal of the line:

- Place central line in a clean cloth pouch and secure the pouch with a bulldog clamp to clothing or a lanyard. Pouches are for one-day use and should be washed daily; OR
- Place plastic tape tabs between clamp and cap on the central line and change daily. Use the plastic tape tabs and bulldog clamp to secure the central line to clothing or a lanyard.