

Purpose of the Surgery:
Preparation for hemodialysis
(renal dialysis) use

手術目的：預備做血液透析(洗腎)使用。

Part Selection

The vascular surgeon will evaluate and discuss the appropriate site with you. Typically, the non-dominant arm is prioritized to avoid affecting daily activities.

部位選擇

經由血管外科醫師評估，與您討論適當部位，通常會以非慣用的手臂，不影響日常生活為優先考量。

Anesthesia Method

Local anesthesia is generally used.

麻醉方式一般採局部麻醉

Surgical Method

This is an outpatient procedure that does not require hospitalization. The surgery takes approximately 40 minutes to 1 hour. The selected artery and vein are connected to increase venous blood flow and

strengthen the vessel wall, preparing the site for future hemodialysis use.

手術方法

門診手術不需住院，手術時間約 40 分-1 小時，將動脈與選擇的靜脈相接合，增加靜脈血流量，增強血管壁韌性，以供未來進行血液透析(洗腎)使用。

Postoperative Instructions

1. In general, you may return home to rest on the same day after the surgery.
2. Observe the wound dressing for any signs of bleeding.
3. If swelling occurs in the operated arm, elevate the limb to promote circulation.
4. Change the wound dressing daily using povidone-iodine solution only; do not apply other ointments or powders.
5. Keep the wound covered with gauze and ensure it remains dry to avoid moisture.
6. If you notice redness, swelling, warmth, pain, bleeding, numbness or tingling at the distal limb, or discoloration (such as turning purple), inform medical staff immediately. Do not self-medicate or apply pressure to the wound.
7. If any of the above symptoms occur at home, please seek consultation at the outpatient clinic or visit the emergency department immediately.
8. To avoid compressing the fistula, do not perform the following activities on the arm with the fistula:
 - (1) Injections
 - (2) Blood draws
 - (3) Blood pressure measurements
 - (4) Using the arm as a pillow
 - (5) Forceful impact
 - (6) Lifting heavy objects
 - (7) Wearing tight sleeves
 - (8) Wearing jewelry or a watch on the operated arm
9. If there is no bleeding or infection at the surgical site, you may begin ball-squeezing exercises (using a soft tennis ball). Each squeeze should be firm and maintained for 3–5 seconds before releasing.
10. Hold the ball in your hand and use your palm to compress the ball for 3–5 seconds, then relax for 3–5 seconds. Each session should last about 3–5 minutes, and you should perform this exercise 4–6 times per day.
11. You should palpate the fistula site daily and feel a “thrill” (vibration)

indicating blood flow. If you do not feel this sensation, please return to the cardiovascular surgery clinic for evaluation.

12. Sutures are usually removed approximately 10 to 14 days after surgery.
13. The newly created fistula can generally be used about 2 to 4 months after the operation.
14. Before using the dialysis fistula, you must return for a follow-up visit so the surgeon can assess whether the fistula has matured and is ready for use.

手術後注意事項

1. 一般手術後當天即可返家休息。
2. 注意傷口紗布有無滲血現象。
3. 手術部位之手臂如有腫脹，可抬高肢體以利循環。
4. 傷口須每日換藥，以優碘藥水即可，勿擦其它藥膏或藥粉。
5. 傷口須覆蓋紗布，保持乾燥避免潮濕。
6. 傷口若有紅、腫、熱、痛、滲血、肢體末稍麻痛、發紫等情形，請立即告知醫護人員，不可自行服藥或壓迫傷口。
7. 在家中發生以上情形，請速至門診諮詢或急診室處理。
8. 禁止在已做好瘻管之手臂，進行以下活

動以避免壓迫瘻管。

- (1)打針(2)抽血(3)量血壓(4)將手臂當枕頭使用(5)用力碰撞(6)提重物(7)衣袖不宜過緊(8)在手術的手臂上戴首飾及手錶。
9. 手術後傷口無滲血、無感染，可開始作握球運動(以軟式網球)，每一次的握球須用力握且持續 3~5 秒後再放開。
10. 把球握在手上，用手掌的力量把球壓扁持續 3~5 秒，隨後放鬆 3~5 秒，每回握球運動約 3~5 分鐘，一天做 4-6 回。
11. 每天應觸摸瘻管處，且感到“咻~咻”的血流，若無此感覺請回心臟血管外科就診。
12. 傷口約 10~14 天拆線。
13. 新接好的瘻管約在手術後 2~4 個月方可使用。
14. 使用透析瘻管前需回診經手術醫師評估瘻管是否成熟可開始使用。

Reminder:

Early creation of an arteriovenous fistula through surgery can help avoid the discomfort associated with placing a temporary dialysis catheter in the event of emergency dialysis

提醒您：

及早以外科手術建立動靜脈瘻管，可避免緊急洗腎時，放置「暫時性透析導管」之痛苦。

Self-Assessment (True/False

Questions) 自我評量(是非題)

- () 1. The wound of a newly created AV fistula should have its dressing changed daily and be kept dry to avoid moisture. If there is redness or swelling, medical attention should be sought.
- () 1. 新接好的瘻管傷口應每日換藥保持乾燥避免潮濕，若有紅腫熱痛應立即回院處理。
- () 2. The arm with the AV fistula should avoid injection, blood pressure measurements, and lifting heavy objects.
- () 2. 已做好瘻管之手臂，應避免打針、量血壓及提重物。

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|------------------|---|---|
| Question Number: | 1 | 2 |
| Answer: | 0 | 0 |

Please write down your question:

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When you feel anxious and helpless,
you are encouraged to speak up and
we will accompany you to seek
relevant resources and physical,
mental and spiritual support.

Introduction to Arteriovenous Fistula Surgery

動靜脈瘻管術簡介 【英文版】

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