

Step by Step: Changing the Dressing for Your Central Vascular Access Device

To change the dressing on your central vascular access device or CVAD:

1. Prepare a clean work area to put your supplies.
2. Wash your hands with soap and water for at least 20 seconds.
3. Wear a surgical mask and clean disposable gloves.
4. Loosen and slowly peel away the old dressing while holding the CVAD securely in place.

You may need to use an adhesive remover if it doesn't come off easily.

If a securement device is in place, carefully remove it using the method your nurse showed you.

5. If you notice any signs of infection such as swelling, warmth, or pus, call your doctor.
6. Remove the gloves.
7. Wash your hands again and put on a pair of sterile gloves.
8. Clean the area with the applicator your care team gave you.

Clean in an up-down or side-to-side motion for at least 30 seconds. When you have finished, let the area dry completely.

9. If you're using an antimicrobial sponge disk, place it around the catheter with the correct side touching your skin. Line up the slit on the sponge disk with the catheter.

Swab the edges of the cleaned skin area with the skin protector.

Stabilize the catheter with a securement device if instructed by your care team.

10. Remove the backing from the clear plastic dressing. Place the dressing over the device and the skin around it.

If you are using a sterile gauze dressing, be sure it covers the skin around the device and secure it with tape.

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11. Tape or fasten the CVAD to your body so it will not dangle or get pulled on.
12. Throw away the old dressing, gloves, mask, and any used materials as instructed.
13. Wash your hands with soap and water for at least 20 seconds.