Sterile Dressing Change for Central Venous Catheter (CVC)

The dressing protects your catheter site. It also helps prevent infection at the site. Keep your dressing clean and dry at all times. You need to use sterile technique for this dressing change to reduce the risk of infection.

How Often: The nurse will check (✓) how often you are to change your dressing.

☐ Change every seven days or when it gets wet, soiled, loose or open to air.

☐ Change every other day, and when it gets wet, soiled, loose or is opened to air.

☐ Change only when it gets wet, soiled, loose or open to air.

What You Need:

You may have a catheter dressing change kit that has the supplies together, or you need to have these sterile supplies:

• 2 pairs of sterile gloves
• 2 sterile paper sheet
• 2 alcohol swab sticks in package
• Chloraprep swab stick (Chlorhexidine with Alcohol)
• 2 x 2 gauze pads

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Learn more about your health care.
• Skin barrier film pad
• BioPatch disk
• Transparent dressing with tapes

**You will also need:**
• **Anchor device**, such as a Stat Lock, in a sterile package used to hold your catheter in place.
  
  ▶ The anchor device can be changed with your dressing change one time each week. Check the skin around the anchor for any sign of irritation, like redness or tenderness. To remove the anchor, use an alcohol pad around the edges of the foam to help loosen the sticky backing.

  ▶ In most cases, the anchor device will be close enough to the exit site of the catheter that it will be covered by the sterile dressing.

  ▶ **If your catheter is longer and the anchor device is not covered by the transparent 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.

**Other non sterile supplies you need:**
• Mask, if you are to wear one during the dressing change

**For cleaning the work area, you will also need:**
• Disinfectant household spray cleaner
• Paper towel
• Plastic trash bag or trash can with a plastic liner

**What to Do:**

1. Prepare the work area by cleaning the surface with disinfectant household spray and a paper towel. Let the surface air dry.
2. Wash your hands with soap and water or use alcohol based hand sanitizer.

   **Option:** If you are to wear a mask for your dressing change, put it on now.

3. Pull the package with the sterile paper sheet open.

4. Carefully open out the paper sheet to make a sterile place for your other supplies. Pinch the paper sheet at the back of one corner and lift the sheet, being careful not to touch the sheet against anything else. Grab the back of the other corner and open out the paper sheet. Lay the paper sheet down on the cleaned surface (see handout Sterile Technique) to make your sterile field. Be careful not to touch the front of the sheet.

5. Open the packages for each of these items, one at a time, and add it to the sterile field you just made with the paper sheet.
   - Chloraprep swab
   - Alcohol swab sticks
   - Gauze pad
   - Skin barrier film pad
   - Transparent adhesive dressing (or gauze pads if doing gauze dressing)
   - Anchor device
   - Biopatch disk
   - Sterile paper sheet

Pick up each package and peel the edges of the package open. Holding the outer edges of the package above the paper sterile field, drop the supply so it lands near the center of the sterile field. Throw the package wrapper into the trash bag.
6. Put on the first pair of sterile gloves.

7. Begin to take the old dressing off by loosening the edges of the transparent dressing (or tapes if gauze dressing) using one hand. Start at the edge away from the exit site of the catheter and lift the edge of the dressing or tape.

8. As you peel the dressing off, use a finger from your other gloved hand to hold the catheter at the site so it does not get pulled out. The old Biopatch will peel off with the dressing. Throw the old dressing into the plastic trash bag.

9. With your hand that still has the sterile glove, open the locking clips of the anchor device and lift the wings of the catheter out, being careful not to touch the patient’s skin. With your “dirty” gloved hand, remove the anchor device and throw it into the plastic trash bag. Have the patient stay still so the catheter does not pull out.

Or

If transparent tapes were used to hold the catheter, remove those, being careful not to pull the catheter out.
10. Remove the gloves and throw them in the plastic trash bag.

11. Open the second package of sterile gloves away from the sterile field. Put on the second pair of sterile gloves.

12. Put the paper sheet over the catheter. This sheet allows you to move the catheter without contaminating your gloves.
   Lift the end of the catheter with your glove, pinching the sheet around it.

13. Use an alcohol swab stick to clean around the exit site where the catheter comes out from your skin. Use a circular motion and start at the center of the catheter. Work outward without going back to the center. Be sure to clean the entire skin area that is covered by the dressing. Repeat with a second alcohol swab stick. Allow to dry.

14. Take the Chloraprep swab from the kit. Squeeze the Y arms of the swab to release the liquid. Touch the swab firmly to the site a time or two until the liquid soaks into the sponge.

15. Swab the exit site back and forth with the Chloraprep swab stick for 30 seconds.
   Clean the catheter with the Chloraprep swab stick. Start at the exit site and clean 2 to 3 inches out toward the end of the catheter. Lay the catheter on the skin. Let the catheter dry for 30 seconds.
16. Pick up the Biopatch disk and place the disk around the catheter where it comes out of the skin. **The blue side should be facing up so you can see Biopatch written on the disk.**

17. Turn the disk to be sure the slit in the disk lines up with the catheter so it will be easier to remove with the next dressing change. Be sure to press the edges of the slit together so they touch.

18. **Optional:** Use the skin barrier film pad to paint a square one inch around the exit site. This protects your skin under the dressing.

19. Peel the paper backing off the anchor device. Place it on the skin to the side of the catheter exit site so there will be a gentle curve in the catheter when it is in the anchor.

20. Position the wings of the catheter on the anchor pins and close the locking clips.

21. Apply the transparent dressing. (If you are using gauze, go to the next section.) Peel the printed paper off the back of the dressing. Put the top end down first and smooth out the rest across the exit site, Biopatch and anchor device. If your dressing has a split opening, be sure to seal the edges overlapping under the end of the catheter.
22. Secure the catheter with tape. Loop the catheter with the injection cap pointed toward the head.

**Gauze Dressing**

1. Put the gauze square over the exit site.

2. Take off your gloves.

3. Apply tape so that it is 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.

4. Use two more pieces of tape to completely cover the gauze. Lap the tape edges over so the dressing is sealed all around.

5. Coil the catheter with the injection cap pointed towards your head. Tape the coiled catheter to your chest.

- **Talk to your doctor or others on your health care team if you have questions. You may request more written information from the Library for Health Information at (614) 293-3707 or email: health-info@osu.edu.**