

Femoral Apheresis Catheter Removal

Below is some information to help you stay healthy and safe after your catheter is removed (taken out).

Take It Easy

After your health care provider takes out your catheter, it's important to rest.

- Lie flat for 1 hour afterwards.
- If the catheter was in your groin, try to walk as little as you can for 12 hours.
- For the next 24 hours, try not to sit or stand for long periods of time.

Things you should avoid include:

- Driving a car or using heavy machinery (like tractors) for 24 hours.
- Lifting anything heavier than 10 pounds (a little more than the weight of a gallon of milk) for 3 days.
- Sexual activity for 2 to 3 days.

You can start exercising after 3 days.

But be careful. Choose gentle exercise (like walking), and never push yourself to the point of feeling very tired or out of breath.

Shower Safely

Showering isn't safe during the first 24 hours after you get your catheter out.

After that, it's OK, but you need to:

- Take off your bandage before showering. A simple band-aid should be placed over the wound for the next 2-3 days or until the wound appears closed and there is no oozing or bleeding.
- Gently clean the wound and the area around it daily, using only soap and water.
- Never scrub the wound.
- Dry the whole area well.

Don't take baths, soak in hot tubs, or swim for 5 days—or until your wound is completely healed.

Know What to Expect

It's normal to have:

- Soreness or tenderness that lasts up to 1 week.
- Some oozing from the wound.
- Bruising near the wound.
- A lump near the wound that's the size of a small marble and lasts up to 6 weeks.

You need to call the NIH medical team for help if:

- The wound is really bleeding, not just oozing:
 - Put pressure on the wound and lie flat until NIH staff tells you what to do next.
- There's liquid or pus coming from the wound.
- You have a fever or chills.
- You notice the following changes in your leg or groin where the catheter was:
 - More swelling or pain than before
 - Tingling or numbness
 - A burning, warm, or cold feeling

Call 911 right away if you:

- Have chest pain or discomfort
- Suddenly feel short of breath (have trouble breathing)

If you have any questions or problems:

Please contact the staff below:

_____ at () _____

You may also call the NIH page operator at 301-496-1211 and ask for the

_____ on-call fellow.

Disclaimer

This information is prepared specifically for patients taking part in clinical research at the National Institutes of Health Clinical Center and does not necessarily apply to individuals who are patients elsewhere. If you have questions about the information presented here, talk to a member of your health care team.

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