

# Family Education Sheet

## Changing the Dressing: Central Venous Catheter (CVC) Care



Boston Children's Hospital

View more health education materials at  
[www.bostonchildrens.org/familyeducation](http://www.bostonchildrens.org/familyeducation)

Change the central venous catheter (also known as CVC or central line) dressing every 7 days or as needed if it gets loose, dirty or wet. Watch a video on how to change the dressing at [www.childrenshospital.org/centrallinecare](http://www.childrenshospital.org/centrallinecare).



SCAN ME

### Step 1: Gather supplies

- \_\_\_ Hand sanitizer
- \_\_\_ Dressing change kit
- \_\_\_ Biopatch (this is not needed for implanted ports)
- \_\_\_ Medical mask
- \_\_\_ Sterile gloves
- \_\_\_ Trash bin
- \_\_\_ Securement device

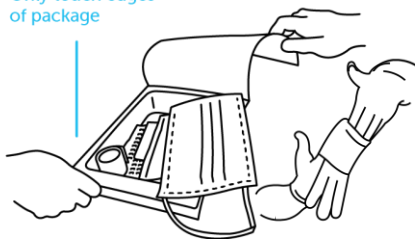
### Step 2: Prepare to change the dressing

Ask a second person if they can help you change the dressing if this is possible. Then:

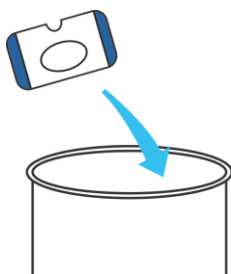
- ☐ Set up a sterile workspace.
- ☐ Clean your hands by washing them thoroughly with soap and water if they look dirty or by using hand sanitizer if they look clean.
- ☐ Put masks on yourself and anyone else in the room if they're within 6 feet of your child.
- ☐ Clean your hands again.

### Step 3: Change the dressing

Only touch edges of package



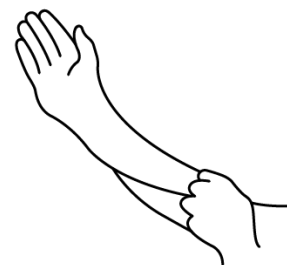
- 1 Unwrap the kit. **Only touch the edges** of the package. Carefully reach into the package to take out your sterile gloves and set them aside. Open any other sterile supplies and put them on the sterile area.



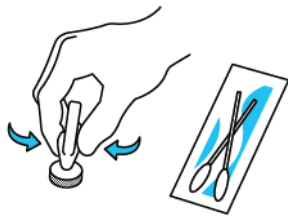
- 2 Take off the old dressing carefully and drop it into the trash. **Do not touch the central line site.**



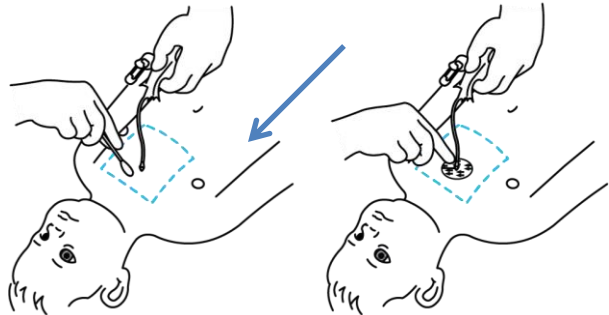
- 3 Clean your hands again before changing the dressing.



- 4 Put on the sterile gloves and keep them on the whole time. **Make sure you only touch the sterile area. Do not touch anything else.**



- 5 Your kit may come with Chloraprep swabs or a sponge to clean the skin. **If your kit has swabs:** Carefully open the package and leave them in the package. **If your kit has a sponge:** Pinch the wings on the sponge until the sponge becomes wet.

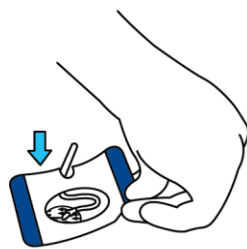


- 6 **If your kit has swab sticks:** Clean the skin with each swab stick for 10 seconds. **If your kit has a sponge:** Scrub a 2-inch area around the exit site for 30 seconds. Use a back-and-forth motion and be sure to include the catheter.

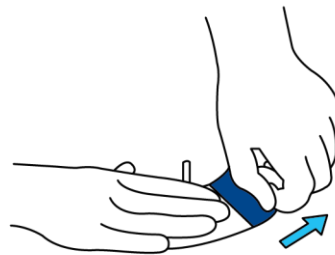
- 7 Let the skin air-dry completely. Do not fan the area dry with your hand. Then **put on the Biopatch**. **If your child has an implanted port, do not put on a Biopatch.**



- 8 **Make a small loop** in the central line towards the armpit. Keep the line away from the ostomy, G-tube or diaper area. **Put the transparent dressing over the central line with the exit site in the center of the clear window.**

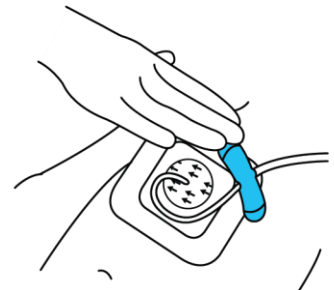


- 9 **Press it lightly** onto the skin. Start in the center of the window until the dressing is secure.



- 10 **Peel off the backing** from the edges and press lightly on all edges.

- 11 **Make sure the edge of the dressing is sealed with the tape** included in the kit.



- 12 Put on a securement device if this is recommended.

- 13 Take off the gloves and throw them away.

## Call your home care nurse, doctor or nurse if:

- The central line site looks red
- There is fluid draining from the site
- Your child has a fever
- Your child has pain at the central line site
- The length of the catheter seems longer or shorter
- You have any questions or concerns

**For life-threatening emergencies, call 911 or your local emergency services number.**