PERITONEAL DIALYSIS CATHETER (PDC)  
EXIT SITE DRESSING GUIDE for PATIENTS

STAGE 1: First 2-3 weeks of a newly inserted PDC
To help the healing process after the PDC is inserted; please refer to the instructions on the PDC brochure.
**After 2 or 3 weeks, the PD nurse will advise when it is safe to start showering and will teach the correct way to change the PDC exit site dressing.

STAGE 2: After 3 weeks of a newly inserted PDC
To maintain the PDC and prevent infection on the PDC exit site, please follow the instructions below:

1. Gather all equipment necessary for your dressing change on a cleaned work tray (refer to photos below), preferably placed away from a wet area:
   a. Your dressing – Cutiplast, Tegaderm, Mepitel or Mepore
   b. 2 x swabs (betadine or chlorhexidine)
   c. Tape (Micropore, Transpore or Yuki-ban)
   d. White gauze squares
   e. Bactroban ointment
2. Secure the tip of the PDC on abdomen with tape.
3. Shower daily as usual, with or without PDC exit site dressing in place (PD nurse will advise which option is appropriate).
4. After washing and rinsing the rest of your body, separately wash the PDC exit site with antibacterial soap by rubbing gently with your hands for 1 minute then rinse thoroughly.
5. After drying your body, pat dry your exit site separately with white gauze squares only. **Do not use your towel nor paper towel to dry PDC exit site.**
6. Ensure your exit site is completely dry.
7. Peel open the outer wrapper of dressing. Lay flat on work tray.
8. Rip open the 2 x swabs and place on top of clear wrapper.
9. Squeeze out the bactroban ointment on top of clear wrapper.
10. Replace wet tape with dry tape to secure your PD catheter in place.
11. Remove old PDC exit site dressing (if not removed yet).
12. Perform 1 minute handwash with antibacterial liquid soap. Dry your hands thoroughly with paper towel.
13. Review PDC exit site (preferably in front of a mirror) and monitor for signs of infection i.e. redness, swelling, tenderness or pus/blood discharge. **Crusty exit site may need closer examination.**
14. Clean your exit site with the swab (starting from the exit site using a circular motion moving outwards).
15. Repeat no. 13 with a new swab.
16. Wait for the exit site to dry naturally. **Do not fan or blow on your exit site.**
17. Once exit site is dry, apply bactroban ointment around the exit site using your small finger only. **Do not use cotton buds to apply bactroban.**
18. Cover the exit site and the titanium with a dressing by creating a catheter loop. **Refer to photos below.**
19. Secure the end of your catheter on top of your dressing with tape.

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**Note:** **Allergic reaction** (i.e. redness, itch, rash or blistering) to dressing, tape or swab should be reported immediately to the PD nurses. Dressing products may need to be changed.