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PICC Line Care

Resident & Caregiver Education Sheet

What is a PICC Line?

A PICC (Peripherally Inserted Central Catheter) is a thin, flexible tube placed into a vein in your arm. It allows you to receive medications, fluids, or other treatments.



Caring for Your PICC Line

- Wash your hands before and after PICC line care.
- Wear disposable gloves during PICC line care, as instructed by your healthcare provider.
- Keep the dressing clean, dry, and securely in place.
- Do not pull, twist, or tug on the tubing.
- Do not remove or change the dressing yourself unless trained and instructed to do so.
- Never use scissors or sharp objects near your PICC line.

Bathing & Daily Activities

- Keep your PICC line and dressing dry when bathing. Use a waterproof covering.
- Do not swim, soak in a bathtub, or use a hot tub.
- Avoid heavy lifting or activities that may pull on the line.
- Wear loose clothing to prevent irritation or pulling.

Preventing Infection

- Keep the PICC line dressing clean and dry.
- Do not touch the catheter opening or connections unnecessarily.
- Do not disconnect, flush, or use the PICC line unless trained and instructed.
- Follow your healthcare provider's instructions for dressing changes, flushing, and follow-up appointments.

When to Contact Your Healthcare Provider

Call your healthcare provider right away if you notice:

- Fever (100.4°F or higher) or chills
- Redness, warmth, swelling, or drainage around the insertion site
- New pain or swelling in the arm, shoulder, or neck
- Leaking, cracking, or damage to the catheter
- Dressing becomes loose, wet, or dirty
- Catheter appears longer than usual or moves out of place

Call 911 Right Away If You Have:

- Chest pain
- Trouble breathing
- Sudden severe dizziness or fainting

Questions or Concerns?

This guide is for educational purposes only and does not replace medical advice. **Contact your healthcare provider** if you have any questions or concerns about your PICC line or its care.