



What is buttonhole technique?

- A way of putting in dialysis needles
- Can be used only with a fistula
- Needles are placed in exactly the same two spots each treatment
- In 2 to 3 weeks, two tunnels of scar tissue form
- Needles go in through these tunnels, like putting earrings in pierced ears
- Blunt needles are used; no cutting through skin
- No increase in bleeding time after dialysis
- Small scabs form after needles are taken out, and are carefully removed before next treatment

How to get started with buttonhole technique

- Need your doctor's order
- Home hemodialysis staff will establish button holes during your home training

Why chose buttonhole technique?

- **Less pain** with placing needles
- Makes putting in needles faster and easier
- Less missed tries of putting in needles
- Less chance of aneurysms (“lumps” on your fistula, caused when many needle sticks weaken the vessel walls so they bulge out)
- Less scarring on your arm
- Less bruising
- No need for numbing shots that can damage your fistula
- Less chance of infiltration (needles hitting the wall of the blood vessel), which can cause pain, swelling and damage to fistula
- Fistula may last longer
- Makes it easier for you to learn to put in your own needles

Questions?

- Speak with a home hemodialysis nurse by calling (206) 292-2558
- Talk to your nephrologist