

Cardiac Electrophysiology Study and Ablation Procedure

Your Discharge Instructions

Thank you for choosing Atrium Health's Sanger Heart & Vascular Institute for your heart care. We will treat you with great care.



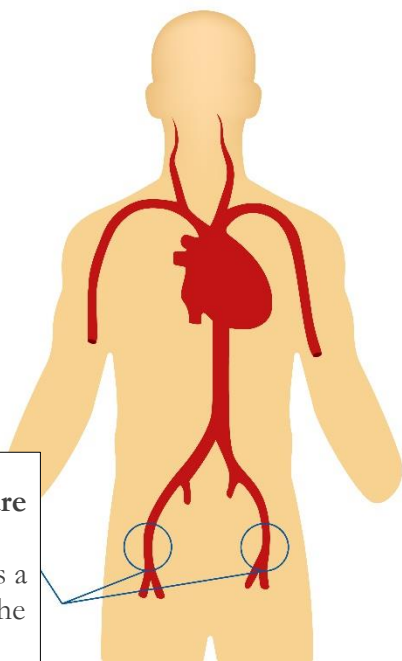
Atrium Health
Sanger Heart & Vascular Institute

Congratulations!

You are ready to continue your healing at home. This handout will answer many of your questions. Use it to help you and your family know what to do.

If you have swelling or bleeding (more than a few drops) at your puncture site:

Swelling can mean you are bleeding under your skin at the puncture site.



Groin puncture site. (A puncture site is a small hole in the vein.)

- Lie down and put firm steady pressure at the puncture site with your fingers or the palm of your hand. Call your heart doctor **right away**. Keep hand pressure on the site for 10 minutes. Do not remove the pressure to check the bleeding or swelling during those 10 minutes.

- If the bleeding or swelling does not stop after 10 minutes or if there is a large amount of bleeding, call 911 right away. Do not drive yourself to the hospital.

Please call Sanger Heart & Vascular Institute if you have any of these symptoms:

- You are short of breath.
- Your heart rhythm problem comes back and it is associated with chest pain or shortness of breath
- You have bleeding at your groin site.
- You have swelling, redness, odor or drainage from the puncture sites.
- A lump at the groin site that does not go away in 2 to 3 days.
 - a small pea size lump is normal.
 - a golf ball size or larger lump is not normal.
- Your leg is cool, numb, or has severe pain.
- Chills or fever greater than 101 degrees.

When to call 911

- You feel confused, it's hard to talk, or you can't move one side of your body.
- You have severe trouble breathing
- You pass out.
- You have a lot of bleeding at your groin.

After your Procedure

- Remove the dressing over your puncture site 24 hours after your procedure. You may place a Band-Aid over the puncture site.
- You may shower the day after your procedure, but do not scrub the puncture site. Wash around the puncture site and let the soap and water flow over it. Pat the puncture site skin dry with a bath towel. Do not rub the site.
- Do not put any perfume, powders or lotions on or around the puncture site.
- Your nurse will let you know about your doctor visits. You will have a follow-up visit with your heart doctor or the Advanced Practice Provider (APP) which is a Nurse Practitioner or Physician Assistant. Make sure you go to that visit.

Self-Care

- You may have chest discomfort from the heat or cold ablation. You can take ibuprofen to help.
- Limit your activity for the next 24 hours. Walk only when you need to go to the bathroom or to bed.
- Do not drive or operate machines for 24 hours.
- Do not bend at the hips for 48 hours.
- Do not lift more than 10 pounds for 1 week
- For 7 days, do not do any water activity like getting into a bathtub, hot tub, swimming pool, lake or ocean.
- Take it easy for a few days. Rest if you feel tired.
- Light walking will help you feel better and stronger. You should start slowly.

For the Future Health of Your Heart

Do not smoke or use any tobacco products. We have a program to help you stop. Take your medicines as ordered by your doctor.



Questions?

We want you to ask questions. Our goal is to give you great care and for you to have a safe and smooth healing. If you have any questions, call the Sanger Heart & Vascular Institute office.



Atrium Health
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Atrium Health complies with applicable Federal civil rights laws and does not discriminate, exclude people or treat them differently based on race, color, religion, national origin, age, sex, sexual orientation, gender identity, gender expression, disability or source of payment.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-821-1535.

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-800-821-1535.

Approved by Atrium Health Cardiac Patient Health Education Committee, October 2019.