

Discharge Instructions for an Electrophysiology Study & Ablations

A. CARE OF THE SITE

You may shower 24 hours after the procedure. Remove the dressing from the hospital before showering. Gently clean the site using soap and water while standing in the shower. Gently pat dry, and apply a band aid daily for two days if needed.

Do not apply powders or lotions to the site.

Inspect the site daily and keep it clean and dry to prevent infection.

Do not submerge in a pool or tub of water at least 5 days, or until the wound has healed. Showers should be brief and no more than 10 minutes.

B. ACTIVITY

After 24 hours you may resume moderate activity such as walking and/or light housework, but please refrain from vigorous physical exercise such as running, biking, golfing, tennis, or working out in the gym for 5 to 10 days following the procedure.

Do not strain your bowels.

Do not twist, stretch, bend or lift more than 5 pounds for the first week until the site heals.

You may drive in 24 hours. Do not operate machinery or drink alcoholic beverages until 24 hours after the procedure.

C. NORMAL OBSERVATIONS

Soreness or tenderness may last up to a week.

Mild oozing of pink or clear fluid from the puncture site. Apply a band-aid if oozing.

Possible bruising that could last for two weeks.

D. CALL PHYSICIAN IMMEDIATELY IF YOU EXPERIENCE:

Increased swelling of groin or leg.

Unusual pain at the groin site, numbness or tingling of the leg.

Signs of infection: redness, site warm to the touch, discolored drainage (clear or small amount of bloody drainage is normal), poor healing incision, fever or chills.

If uncontrollable pulsating bleeding occurs please apply pressure to the site and call 911.

If oozing a controllable amount of blood hold pressure for 10 minutes and call your physician.

E. FOLLOW UP:

Please call to schedule a follow up appointment for 4-6 weeks after your procedure.