



DISCHARGE INSTRUCTIONS AFTER CARDIAC CATHETERIZATION HOW TO TAKE CARE OF YOURSELF WHEN YOU RETURN HOME

PUNCTURE SITE CARE

- A lump the size of a quarter is not abnormal and will get smaller with time. If the lump gets larger call your primary care physician.
- Bruising at the site is normal. The bruise will go through many color changes. It may take several weeks to go away completely.
- Soreness will go away within a few days.
- If you develop bleeding or sudden swelling at the groin puncture site: lie down, apply direct pressure above the site. If you develop bleeding or sudden swelling at the wrist or elbow puncture site: sit down and raise your arm above the level of your heart, apply direct pressure above and below the site with the opposite hand. If unable to stop the bleeding call 911 or have someone drive you to the closest emergency room.
- Numbness and tingling of the affected extremity should be reported to your primary care physician.
- Remove dressing (if applicable) 24 hours after your procedure.
- Acetaminophen/Tylenol 325mg, take 1-2 tablets every 4 hours for puncture site pain as needed.

ACTIVITY RESTRICTIONS FOR 48 HOURS FOLLOWING THE PROCEDURE

In order for proper healing of the puncture site to occur, it is important to follow these activity guidelines.

You should avoid for 48 hours:

- Lifting, pushing or pulling anything heavier than 10 pounds (e.g., groceries, children, suitcases, wet laundry, and pushing a lawnmower.)
- Taking a tub bath (you may shower.)
- Excessive bending of the affected wrist (radial approach only) or excessive bending or stooping at the waist or knees (femoral approach only)
- Sex
- Driving
- Returning to your place of employment if it involves strenuous activity
- Excessive stair climbing more than a couple of times per day (femoral approach)

SYMPTOMS TO LOOK FOR TO ALERT YOU TO POSSIBLE MEDICAL PROBLEMS

Call your primary care physician if you experience any of these symptoms:

- Chest discomfort unrelieved with 1 nitroglycerin tablet or spray taken 5 minutes apart for a total of 3 in 15 minutes.
- Change in the usual pattern of your angina.
- Numbness, tingling of the affected extremity.
- Excessive bleeding from the affected puncture site.
- Redness, drainage, warmth or increase swelling from the puncture site.
- Fever above 100.5 F.
- Shortness of breath at rest or a change in your usual breathing pattern.

FOLLOW UP

- Call your Primary Care Physician for an appointment in 1 - 2 weeks
- Call your Primary Care Physician for questions after discharge. If unable to reach him/her call your cardiologist.
- In an emergency call 911 or go to your nearest Emergency Department.