

# Cardiac Ablation, Care After

This sheet gives you information about how to care for yourself after your procedure. Your health care provider may also give you more specific instructions. If you have problems or questions, contact your health care provider.

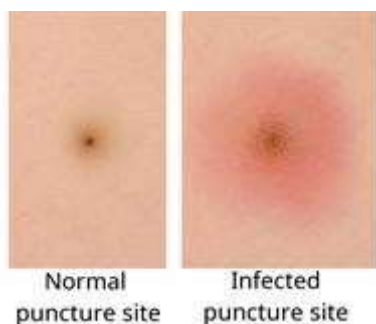
## What can I expect after the procedure?

After the procedure, it is common to have:

- Bruising around the insertion site.
- Tenderness around the insertion site.
- Skipped heartbeats.
- Tiredness (*fatigue*).

## Follow these instructions at home:

### Insertion site care



- Follow instructions from your health care provider about how to take care of your insertion site. Make sure you:
  - Wash your hands with soap and water for at least 20 seconds before and after you change your bandage (*dressing*). If soap and water are not available, use hand sanitizer.
  - Change your dressing as told by your health care provider.
  - Leave stitches (*sutures*), skin glue, or adhesive strips in place. These skin closures may need to stay in place for up to 2 weeks. If adhesive strip edges start to loosen and curl up, you may trim the loose edges. **Do not** remove adhesive strips completely unless your health care provider tells you to do that.
- Check your insertion site every day for signs of infection. Check for:
  - More redness, swelling, or pain.
  - Fluid or blood.
  - Warmth.
  - Pus or a bad smell.
- If your insertion site starts to bleed, lie down on your back, apply firm pressure to the area, and contact your health care provider.

### Driving



- If you were given a sedative during the procedure, it can affect you for several hours. **Do not** drive or operate machinery until your health care provider says that it is safe.
- Ask your health care provider when it is safe for you to drive again after the procedure.

### Activity



- Avoid activities that take a lot of effort for at least 3 days after your procedure.
- **Do not** lift anything that is heavier than 10 lb (4.5 kg), or the limit that you are told, until your health care provider says that it is safe.
- Return to your normal activities as told by your health care provider. Ask your health care provider what activities are safe for you.

### General instructions

- Take over-the-counter and prescription medicines only as told by your health care provider.
- **Do not** use any products that contain nicotine or tobacco, such as cigarettes, e-cigarettes, and chewing tobacco. If you need help quitting, ask your health care provider.
- **Do not** take baths, swim, or use a hot tub until your health care provider approves. Ask your health care provider if you may take showers. You may only be allowed to take sponge baths.
- **Do not** drink alcohol for 24 hours after your procedure.
- Keep all follow-up visits as told by your health care provider. This is important.

### Contact a health care provider if you:

- Notice these things around the catheter insertion site:
  - More redness, swelling, or pain.
  - Fluid or blood that stops after applying firm pressure to the area.
  - Warmth when you touch the area.
  - Pus or a bad smell.
- Have a fever.
- Are sweating a lot.
- Feel nauseous.
- Have pain or numbness in the arm or leg closest to your insertion site.

### Get help right away if:

- Your insertion site suddenly swells.
- Your insertion site is bleeding and the bleeding does not stop after applying firm pressure to the area.
- You have chest pain or discomfort that spreads to your neck, jaw, or arm.
- You have a fast or irregular heartbeat.
- You have shortness of breath.
- You are dizzy or light-headed and feel the need to lie down.

**These symptoms may represent a serious problem that is an emergency. Do not wait to see if the symptoms will go away. Get medical help right away. Call your local emergency services (911 in the U.S.). Do not drive yourself to the hospital.**

## **Summary**

- After the procedure, it is common to have bruising and tenderness at the insertion site in your groin or your neck.
- Check your insertion site every day for more redness, swelling, or pain. These are signs of infection.
- Contact a health care provider if you notice any signs of infection. Also, contact a health care provider if you start sweating a lot, feel nauseous, or have pain or numbness in the arm or leg closest to your insertion site.
- Get help right away if your puncture site is bleeding and the bleeding does not stop after applying firm pressure to the area. This is a medical emergency.

This information is not intended to replace advice given to you by your health care provider. Make sure you discuss any questions you have with your health care provider.