

# GOING HOME AFTER EP STUDIES / STANDARD ABLATION

Electrophysiologist \_\_\_\_\_ Phone \_\_\_\_\_

My follow-up appointment will be with \_\_\_\_\_ Date \_\_\_\_\_

In the next few weeks, if you have questions or concerns about your procedure, please contact the electrophysiologist's office. Ensure you know who your follow-up appointment will be with before you go home.

- Discharge checklist**
- Medication changes? \_\_\_\_\_
  - Driving restrictions? \_\_\_\_\_
  - Return to work? \_\_\_\_\_

**Caring for your puncture site:** Keep the area around the puncture site dry for 48 hours after your procedure. Wear loose-fitting clothing for a few days. Avoid taking a shower or any activity where the area may get wet. If the bandage gets wet, remove it and re-apply a dry one. The bandage can be completely removed 72 hours (three days) after your procedure.

**Bleeding:** If there is a small amount of bleeding, lie down and apply pressure for several minutes to the site where the bleeding is coming from. If the bleeding stops, remain quiet and keep the leg straight and still for two hours.

If you are not sure what to do, call the office of the doctor who did your procedure or, if the office is closed, contact the Heart Institute nursing coordinator at 613-696-7000 (press 0).

**Activity:** Limit stair climbing for a couple days after your procedure. This will help with healing.

For 48 hours after the procedure, avoid lifting anything more than 10 pounds. If you have to sneeze or cough, try to apply pressure to the puncture site. This will reduce the risk of bleeding. The easiest way to apply pressure is to make a fist and place it firmly over the puncture site.

If there have been no bleeding or other signs of trouble at your puncture site, you can return to all your usual activities after a week.

## HEALTHY HEART MANAGEMENT ZONES

### GREEN ZONE (ALL CLEAR)

- **Puncture site:** Dry, no bleeding or swelling.
- **Recovery:** You are able to resume normal activities within a week.

**If you are in the Green Zone:**

- Keep track of any unusual events.
- Contact your electrophysiologist's office if you have any questions or concerns.

### YELLOW ZONE (CAUTION!)

- You develop a fever or if your temperature is above 38°C (100°F).
- A sudden increase in swelling or bruising around the puncture site.
- The puncture site starts to drain pus.

**If you are in the Yellow Zone:**

- Call the office of the doctor who did your procedure. See top of this page.
- If the office is closed, call the Heart Institute nursing coordinator at 613-696-7000 (press 0).

### RED ZONE (ALERT!)

- An episode of sudden severe chest pain or shortness of breath.
- Bleeding that does not slow down even after you press firmly on the site for several minutes.
- Feeling cold, having swelling or numbness on the arm or leg of the puncture site.

**You need immediate medical attention.**

**Call 911.**