



## EP Ablation Discharge Instructions

### **Activities: First 24-48 hours**

It is normal to feel tired, slightly uncoordinated and need additional sleep as a result of the medications you received during the procedure. Therefore:

- You should arrange for a care partner to bring you home and stay with you for at least 24 hours.
- Do not drink alcohol or take sedating drugs. Do not drive or operate any equipment that requires coordinated actions.
- Avoid lifting/straining, heavy housework, sports, or exercise.
- Resume non-strenuous activities including work as soon as you feel completely alert and in accordance with your physician's recommendations.

### **Care of insertion sites**

- The insertion sites will heal naturally within a week. Soreness, slight swelling and possible bruising are normal.
- On the morning following the procedure may remove any band aid covering the insertion site and shower. No hot tubs, swimming or soaking in a bathtub for one week.
- If any bleeding at insertion sites occur, lie down and apply pressure the site for at least 10 minutes. NEVER USE A TOURNIQUET. If bleeding cannot be controlled, call 911 for assistance.
- Observe the insertion sites for any signs of infection: i.e., swelling, increased pain, redness, drainage, delayed healing, increased skin or body temperature. Observe for circulatory problems: i.e., leg/foot tingling, numbness, coolness, swelling or pain.
- If you experience any of the above symptoms call 602-867-8644 24 hours a day.

### **Ablation Patients:**

- It is normal to feel some skipped beats after the ablation procedure. If they become intolerable and/or persistent call 602-867-8644.
- It is also normal to feel some chest discomfort for several days after the procedure. It is usually relieved by an analgesic such as Tylenol. If it persists, call our office.

### **Chest Pad Sites**

- During the procedure energy may be delivered through the chest pads. Therefore, you may experience some discomfort, redness and itching at these sites. The redness and discomfort should resolve within a few days. Soothing lotion/compresses may be applied as long as there is no break in the skin.
- If you experience any prolonged discomfort or signs of infection as described above, call 602-867-8644.

### **Medical follow-up**

- **Electrophysiology/ablation procedure:** Make an appointment with your electrophysiology specialist for 2 weeks after the procedure.