



HOME DISCHARGE INSTRUCTIONS AFTER CARDIAC CATHETERIZATION AND ANGIOPLASTY

We encourage you to have someone stay with you the first evening. Position should be reclining at 45 degrees for transportation home.

(FOR THE FIRST 24 HOURS)

Activity

For Wrist Procedure: Keep pressure dressing on for 24 hours. Avoid aggressive movement of the wrist for 3 days. Wear the sling the first day only. Walk around at will. You may sit in a regular chair or recliner. Rest frequently.

For Arm Procedure: NO lifting or pushing for 3 days. Keep arm elevated for 12 hours. Walk around at will. You may sit in a regular chair or recliner. Rest frequently.

For Groin Procedures:

- Lay in bed, Lazy Boy chair or on couch with head elevated no more than 45 degrees for the rest of the evening.
- NO driving.
- Get up to go to the bathroom only.
- NO lifting, bending or stooping.
- Avoid straining or violent coughing.
- NO excessive stair climbing. Climb stairs slowly using unaffected limb to bear weight first then following with affected leg. Shift weight and repeat. (Limit stair climbing to one trip for the evening).
- NO bath for 3 days. May shower the following day.

Diet

May resume previous diet or diet your doctor has prescribed you. NO alcohol, carbonated, caffeinated or iced beverages.

Wound Care

Dressing on the Groin, Arm or Wrist may be removed the next morning. Swab the site morning and night with Betadine swabs and apply a clean Band-Aid for the next two days. Notify your doctor if there is any drainage from site or if site becomes red, swollen or more tender than before. Some bruising and tenderness is normal for the next two days.

Emergency Care

If bleeding occurs from the site, enough to soak through the Band-Aid, apply pressure over the site with your hands or have someone do it for you. You should lie down flat and apply firm, uninterrupted pressure long enough to stop the bleeding. This will take at least 10 minutes. As soon as possible have someone call an ambulance to take you to the emergency room. If the leg, arm or wrist that your Cardiac Catheterization or Angioplasty was performed on becomes numb, tingling, and painful or cold, notify your doctor or go to the emergency room.

Notify you doctor if you have chest pain. Any other questions call (810) 342-2046.

***Normal Activity May be Resumed the Next Day Unless
Otherwise Instructed by Your Doctor.***

Patient Signature: _____ Date: ____ / ____ / ____

Witness Signature: _____ Date: ____ / ____ / ____