

Post-Cardiac Catheterization

- 1) When you get home from the hospital, it is recommended that you rest. You may resume your usual daily activities such as bathing, dressing, walking leisurely, driving, etc. the following day.
- 2) Avoid strenuous activity (e.g. lifting heavy objects, exercising etc.) for at least 1 week after your catheterization. Thereafter, you may perform (light / moderate / strenuous) activities as tolerated.
- 3) If the procedure was done through the wrist, avoid excessive use of the affected hand for 3-4 days.
- 4) You may resume your usual diet as soon as you get home.
- 5) You should resume taking all your medications, as prescribed, once you get home. If there have been any changes in your medications, you should follow the new medication regimen.
- 6) Your groin or wrist may appear bruised (black or blue discoloration with tenderness) after the procedure. There may also be a small lump around the puncture site. This is often the result of a small collection of blood under the skin. This is not unusual and is generally not dangerous. The discoloration and the lump will go away by itself over a 2-3 week period. Wash the affected area daily with mild soap and water and dry completely. You may wish to apply a small dressing on the puncture site for a few days.
- 7) If you notice any of the following, call Dr. _____ immediately at (716) 862-8641 or 834-9200 after office hours):
 - fresh bleeding from the puncture site
 - an enlarging lump around the puncture site
 - any pus or discharge
 - pain and/or increasing discoloration of the leg/arm where the catheterization was performed
 - fever, rash or any problem you are concerned about.
- 8) If you have angina (chest pains) at home, take a nitroglycerin tablet under your tongue at intervals of 5-10 minutes until the chest pain resolves. If it does not resolve after you have taken your third nitroglycerin tablet, have somebody take you to the emergency room or call an ambulance.
- 9) You have been scheduled for a follow-up visit with _____ at _____ on _____. This brief visit will allow the doctor to check you for any problems that may have occurred since your catheterization. He or she will also review the findings of the catheterization and advise you on a course of action. Thereafter, your future follow-up will be with your primary care provider.