



## POST CARDIAC CATHETERIZATION INSTRUCTIONS

### GENERAL INSTRUCTIONS

1. Have a friend or family member drive you home from the hospital.
2. Be sure to check with your doctor or nurse about your medications - which ones to stop and which ones to continue.
3. Ask your doctor when you can return to usual activities and whether there are things you should not do.

### CARE OF YOUR INCISION

1. You may shower 24 hours after the procedure.
  - . Remove the bandage before showering.
  - . Gently clean the site daily using soap and water.
  - . Dry thoroughly.
  - . Do not apply powders or lotions.
2. Keep the site clean and dry to prevent infection.
3. Do not sit in a pool or bathtub for a few days until the site has healed.
4. Inspect the site daily.

### ACTIVITY

1. Limit your activity during the first 24 - 48 hours after returning home. You may move about, but do not:
  - . Drive a car.
  - . Walk or climb stairs more than necessary.
  - . Lift anything heavier than 5 pounds.
2. You may resume normal activity in two days, letting pain be your guide.

### NORMAL OBSERVATIONS

1. Soreness or tenderness that may last a week.
2. A bruise or lump under the skin at the puncture site (common).
3. A bruise may track down the leg, possibly as far as the knee.

### **CALL THE DOCTOR IMMEDIATELY IF YOU EXPERIENCE ANY OF THE FOLLOWING:**

1. Significant bleeding (hold pressure and call 911 immediately).
2. If the leg (or arm) feels cold or numb.
3. Increased swelling of the groin or leg (or arm).
4. Unusual pain or discharge at the puncture site.
5. Fever (temperature of 101 °) or other signs of infection.

**\*\*If you have questions or concerns, please call Cape Heart Group at 454-4461 during regular office hours. Emergency coverage is provided through Cape Canaveral Hospital Emergency Department.\*\***