

## DISCHARGE INSTRUCTIONS AFTER CARDIAC CATHETERIZATION

### CONGENITAL HEART

207-883-5532

71 US ROUTE 1, SUITE C

SCARBOUROUGH, ME 04074

#### **ACTIVITY**

- Gradually increase your activity as tolerated
- No strenuous exercise or lifting over 10 pounds for one week
- No driving for 24 hours

#### **DIET**

- Try to maximize consumption of fruits and vegetables, fish and whole grains while minimizing consumption of foods high in salt, fat and/or cholesterol

#### **CATHETERIZATION SITE**

- Keep the site clean and cover with a bandaid daily until the site has healed (2-3 days).
- Avoid tub baths, hot tubs or swimming for 3 days. Showers are okay.
- A bruise or lump at the site is common. It should disappear in a few weeks. Some mild discomfort is common during the healing process.
- If you bleed at the catheterization site, hold firm pressure and call 911. DO NOT drive yourself nor let someone drive you to the hospital.
- If a new lump develops at the site, growing to the size of a walnut or larger, call Congenital Heart and ask to be seen immediately.

#### **CALL CONGENITAL HEART:**

- If the procedure site becomes more painful, is swollen, red, bleeding or draining.

- If you have chest pain or trouble breathing.
- If you develop a fever or rash.
- If you have severe pain or numbness in the limb where the procedure was performed, or if that limb is cold or bluish in color.
- If you notice any other unusual symptoms.

## **FOLLOW-UP APPOINTMENT**

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