

How Do I Take Care of Myself After a Heart Catheterization?

How do I take care of myself after my procedure?

- Take it easy and no driving for the first 24 hours.
- Do not make any major decisions.
- Be careful when you go up and down stairs for 24 hours.
- Recline or tilt back when you sit.
- Do not take a bath, soak in a hot tub or swim in a pool for 4 days.
- You may shower in 24 hours. Gently clean the puncture area every day with warm, soapy water.
- Remove the groin dressing after 24 hours. You may apply a band-aid.
- Do not drink any alcohol for 24 hours. Resume diet directed by your doctor.
- Do not lift any more than 20 pounds for 4 days.
- Take your medicines as you are told by your doctor. Follow the directions on the medicine bottles.
- If your procedure was done through your arm, wear a sling for 24 hours. Do not lift anything heavier than 5 pounds with your arm for 4 days.

What can I expect after my procedure?

- Bruising or a lump at the puncture site for 2 weeks
- Soreness at the puncture site
- A small amount of red drainage

What should I avoid?

Do **not** do these things for 2 days:

- Bend
- Mop
- Squat
- Vacuum
- Mow the lawn
- Shovel
- Play contact sports like football or soccer
- Exercise
- Have sex

What if my puncture site bleeds?

- A small amount of oozing is okay.
- If oozing continues, lie flat. Put firm pressure on the site with a dry washcloth for 20 minutes. Call the doctor.
- If the bleeding is heavy and will not stop or a rapidly growing lump develops under the skin apply firm pressure. Call 911!

When to call my Cardiologist:

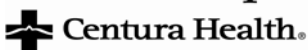
- Fever or chills
- Feeling dizzy
- Severe pain
- Redness at puncture site
- White or yellow drainage or drainage that smells bad
- If the leg or arm, where the puncture site is, feels cold, numb or tingling
- Swelling at the puncture site that is increasing

Very serious (call 911)

- Bleeding that does not stop
- Trouble breathing
- Fainting
- Chest pain or symptoms that brought you into the hospital

If you have questions or concerns, call your care team.

St. Anthony
North Hospital



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ASK-A-NURSE
303-777-6877