



ELECTROPHYSIOLOGY STUDY / CATHETER ABLATION
POST PROCEDURE INSTRUCTIONS

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The following are instructions your doctor would like you to follow regarding your activity and follow-up care:

- An adult family member or friend must drive you home after you are discharged from the hospital.
- It is recommended that you adjust your lifestyle to light and easy activities for a few days after the procedure. Do not strain or lift any heavy objects. When moderate activity is resumed, avoid bumping the incision sites.
- Heavy or strenuous activity should not be resumed until two weeks after the procedure. It is best to check with your doctor to see when you should return to work.
- If you have a bandage on your incision site, you may remove it the following morning while bathing.
- You may be instructed to discontinue certain medications that you were taking for your heart rhythm. Patients undergoing atrial fibrillation ablation will be kept on their medications including a blood thinner until otherwise instructed to discontinue them.
- Resume your other (e.g. blood pressure, diabetes, etc.) medications as prescribed by your physician. If you have been given a prescription for new medication, have it filled immediately and begin taking it.
- For general discomfort at the incision site, you may take 1 or 2 Tylenol tablets every 4 hours as needed.
- There may be a small lump and bruise at the incision sites. The bruise will usually spread over several days. If the lump gets bigger, call your doctor immediately. It is a good idea to feel how big the lump is when you take the bandage off, then you will be able to tell if the lump is getting bigger.
- If you see fresh bleeding or bright red blood from the incision site, you should apply pressure to the area. Call 911 and your doctor. Remain still as you or your family member applies pressure to the area.
- Following an ablation procedure, it is common for patients to be aware of their heart beat for a period of several weeks. This is not cause for concern unless the symptoms are identical to those you had before the ablation.
- Some patients experience a sharp chest pain for a few days after their procedure. You may take 1 or 2 Tylenol tablets every 4 hours as needed for this discomfort.
- Please make sure to keep your two week follow up appointment that was given to you when your ablation was scheduled. It is important that you keep this appointment.