

DISCHARGE INSTRUCTIONS

Post Catheter Based Intervention

Dressing	If the band aid was not removed in the hospital, you may remove it once you get home, unless otherwise instructed. It is less painful if you remove it while in the shower.
Bathing	You may shower the day after the procedure. Gently cleanse the site with soap and water 24 hrs after the procedure. You may not take a bath, swim, or soak in a hot tub or Jacuzzi until after your office follow-up appointment.
Exercise	You may resume walking at home. After 24 hours, you may walk the distance at which you are accustomed. If you have not been walking, you may start at a low level. If your procedure was performed via your radial artery (wrist) : Do not hyperextend your wrist (radial artery approach) for 7 days
Sexual Activity	You may resume after 5 days, unless advised otherwise.
Household Chores	You may resume household chores (dishes/laundry). Wait 5 days before vacuuming. You may not shovel for 5 days.
Lifting	Femoral artery approach (leg/groin) : Do not lift over 10 pounds for the first 3 days at home. Do not lift more than 20 pounds for first 2 weeks at home. Radial or Brachial Artery approach (wrist/arm) : do not lift over 7 pounds with the affected arm for 7 days
Driving	Femoral artery approach (leg/groin) : You may resume 4 days after discharge, unless advised otherwise. Radial or Brachial Artery approach (wrist/arm) : You may resume after 24-48 hrs, unless advised otherwise.
Stairs	Femoral artery approach (leg/groin) : You may resume after 24 hours, as tolerated. Radial or Brachial Artery approach (wrist/arm) : As tolerated
Work	Depends on your type of work. Check with your Doctor
Medications	Take as directed. Do not stop any medications unless you are instructed by your Cardiologist. Do not stop your anti-platelet medication (aspirin, Plavix, Effient, Brilinta), unless directed to do so by your cardiologist. Contact the office for specific instructions
Diet	Follow a low fat, low cholesterol diet. If you have any other dietary restrictions (i.e. diabetes), follow your doctor's recommendations
Smoking	Smoking is a major risk factor for most diseases. If you smoke, you are strongly encouraged to quit. Talk to your Doctor for assistance.
Notify your Doctor if:	Chest pain (angina) returns. Take Nitroglycerin as directed (cardiac angiogram patients). Temperature greater than 101.5. Bleeding at the puncture site. Femoral artery approach (leg/groin) : leg is white, numb, cold, very painful, or if a lump appear at the incision site. Radial or Brachial Artery approach (wrist/arm) : arm is white, numb, cold, very painful, or if a lump appear at the incision site.
Follow-Up Appointments	Schedule and keep your appointment for 7-10 days post procedure. Your Cardiologist will check your puncture site at this appointment.

**Thank you for allowing Hamilton Cardiology Associates to participate in your care.
Your cardiovascular health is our priority.
If you have any questions, please contact the office**