

## EP Study and Ablation Discharge Instructions

### Activity After Discharge

- Keep activity light over the first 2 days after procedure. Avoid lifting or heavy exertion during this period.
- It is recommended that someone stay with you for the first 24 hours after discharge.
- Do not drive for a few days after procedure or your doctor gives you permission.

### How to Take Care of Your Puncture Site

- Look at your incision every day. Call us if you notice any of the following symptoms or signs of infection: increasing redness, fluid coming out of the incision, increasing swelling, increasing warmth, increasing tenderness, fever, chills, and/ or sweats.
- Discomfort: It is normal to have some discomfort in groin and chest for the first week or two. Normally Tylenol will help the discomfort. Your groin will generally have two puncture sites, and may develop minor bruising. Bruising may occasionally extend down the leg. This is normal as is an occasional quarter sized bump in the area. If there is larger swelling or significant pain, please contact the office.
- You may have minor chest pain for first week or two. The pain may worsen when leaning forward or taking a deep breath. This is generally not of concern and should resolve itself in a week.
- If there is a break or opening in the incision, call our office immediately.
- Check your temperature once a day for one week. If your temperature is greater than 100° F, call our office.
- Don't use any lotions, powders, or ointments on your puncture site for one month.
- Avoid direct sunlight on your puncture site for one month.

### Shower

- It is okay to shower but do not take a bath or swim for a week.

### Work:

- You may return to work as soon as you feel able to perform your usual work functions.

### Follow up:

- Call our office (305)663-3377 at your convenience and make an office appointment for 3 to 4 weeks from the day of the procedure.