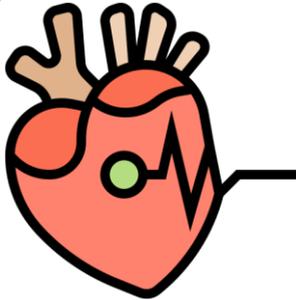




جامعة الإمام عبد الرحمن بن فيصل
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مستشفى الملك فهد الجامعي
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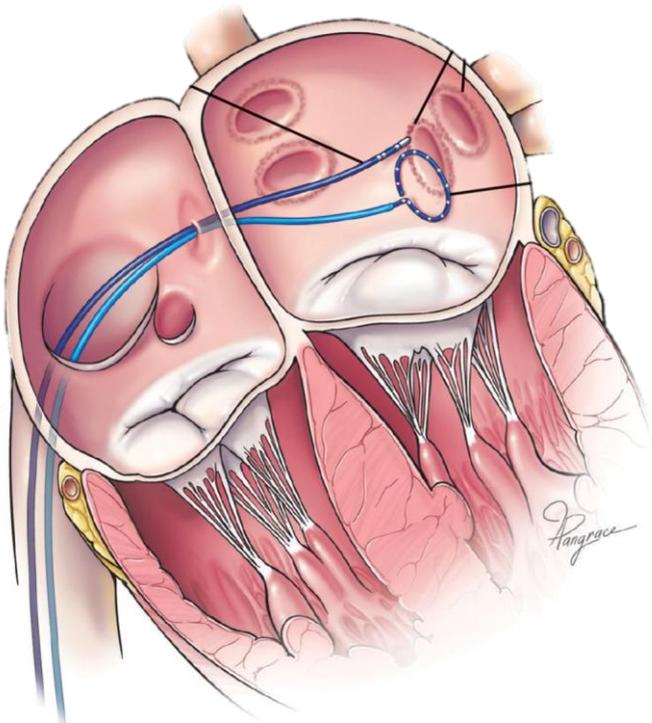
Cardiac Ablation



What is Cardiac Ablation?

Cardiac Ablation/ Electrophysiology (EP) Study is a procedure that corrects an abnormal heartbeat by changing the electrical activity in the heart.

to Discharge instructions are specific directions for you follow when you go home. The following instructions will help you how to take care of yourself at home and when .to call your Cardiologist if needed



How to take care of the wound?

1. You may re-apply the dressing over the wound the day after the procedure and replace it with a new one.



2. Do not take a bath for the first 48 hours, and you may take a shower the day after your procedure with the dressing on. The .after getting wet dressing must be changed



3. You may place an ice pack on the area around the incision for the first few days after procedure. This can help reduce swelling and pain



4. A new dressing must be applied daily for the first three days and then there is no need for any dressing.

How to take care of the wound?

5. A small amount of dry blood is normal.



6. Your incision might have a small lump or bruise.

This is normal. If the incision starts to bleed or swell, lie down for 30 minutes and put pressure on the area

7. Do not physically clean the puncture area for the first 48 hours.



8. Avoid wearing tight clothing over the wound area.



What activities can I do?

- Your doctor may limit your activity after procedure. These limits can last for a few weeks.

- Avoid vigorous movement of the leg used for the procedure for the first **24 hours**.



- Do not lift anything heavy, greater than **9 kg** for **a week** after the procedure.



- Do not use the ladder for **two days** after the operation and consult your doctor in the period of return to normal activity



What activities can I do?

- Apply pressure to the groin if you have to sneeze or cough hard for the first **48 hours**. The easiest way is to apply pressure by making a fist and place it firmly on the groin area above the dressing.

- It may take a day for the full effects of the sedative used during the procedure to wear off. Rest and relax at home.



- You may feel weak or tired after the procedure, but it is important for you to walk short distances. This helps prevent fluid buildup in the lungs. It also helps to prevent blood clots to form in the veins of the legs and pelvis, which could travel to the lungs and lead to respiratory arrest.



What activities can I do?

- Avoid sitting for long periods, and in the case of sitting, raise your legs up to prevent blood clots.



- Do not drive after taking strong pain relievers.



- Learn how to deal with stress. Try deep breathing or relaxation exercises such as yoga or meditation.



- Lose weight if you are overweight or obese.



- Stop smoking if you smoke. Smoking makes it harder for your body to heal and is a major risk factor for heart disease.





What's the Diet and Lifestyle recommended?

- ✓ You may feel nauseous after the procedure. Eat small meals frequently. This can help prevent nausea.
- ✓ Choose soft or semisolid foods that are easy to digest. Soups may also help settle your stomach.
- ✓ Constipation is common after procedure as a side effect from the sedation. Take a stool softener as needed for the next 30 days.
- ✓ Eat foods that are high in fiber and drinking plenty of water can also help prevent constipation.



What's the Diet and Lifestyle

recommended?

Eating a healthy diet can help keep your heart healthy.

Choose:

- Fatty fish.
- Fruits and vegetables.
- Low-fat dairy products.
- Nuts and seeds.
- Whole grains.





What's the Diet and Lifestyle recommended?

Avoid foods rich in fats, cholesterol, or Tran's fats, such as:

- Canned food.
- Egg yolk.
- Prebaked food.
- Red meat.
- Sweets.



How to take your medications?

- ✓ Your Cardiology will give you specific instructions about how to take your medications.
- ✓ Take prescribed medications as directed by your Cardiologist. Ask your Cardiologist how often and for how long you should take the medications prescribed. Make sure you understand the reason for taking the medications and their possible side effects.
- ✓ If some of your medications had to be stopped, ask when you can start taking them again. This is especially relevant for blood thinners.
- ✓ Do not share your medications with anyone.
- ✓ Do not drive while taking strong pain medications.





When to Call Your Cardiologist and Seek Emergency Medical Care?

- ✓ Increased body temperature and sweating for unknown reason.
- ✓ The appearance of signs of infection at the site of the wound. Such as: redness, swelling, warmth or secretions from the wound.
- ✓ Dizziness, lightheadedness, fainting or severe unexplained fatigue.
- ✓ Chest pain or shortness of breath.
- ✓ Swelling of the ankles or legs, which indicated accumulation of fluid in the body.





When to Call Your Cardiologist and Seek Emergency Medical Care?

- ✓ If your incision starts to bleed and does not stop after **30 minutes** of applied pressure, or if bleeding, bruising or swelling are severe, seek emergency medical treatment right away.

- ✓ Contact your Cardiology right away if the leg where your catheter was inserted becomes: cool, discolor numb or pale.





Appointments and follow ups

you will be given a follow up appointment

with your cardiologist **2-3 months** after you are

discharged and you might be required to do some blood

tests a few days before your scheduled appointment.



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CCU Tel # 0138957999

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Sources and references:

All pictures used are from the flaticon.com

www.mayoclinic.org

Review and audit:

The content of this booklet has been reviewed by
Cardiac Consultants at King Fahad University
Hospital.

Health Awareness Unit

IAU-21-197



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