

Post Sheath Removal: Instructions for Adult Cardiac Cath & EP Patients

What are the instructions for care after my post sheath removal?

1. Resume your usual diet or _____.
2. Drink 8 glasses water/fluids during the 24 hours after your procedure unless you are on a fluid restriction.

What changes should I make to my activities?

For the next 4 days unless told otherwise:

- Limit lifting - no heavy objects (no more than 10 lbs.).
- Limit driving for 24 hours following the procedure and do not drive home from the hospital
- Support the puncture site with your hand when coughing/sneezing.
- Avoid water activities such as bathing or swimming.
- Avoid strenuous activity (e.g. _____)
- Cardiac Rehab: Discuss with your doctor at your first follow-up appointment.

How do I care for my incision site?

- Keep area clean and dry.
- For the first two days after the procedure, keep the site covered with a Band-Aid/bandage. After that, no bandage/dressing is needed unless there is drainage.
- Wash with soap and water.
- Use the shower and avoid tub baths for three days after the procedure.

What should I expect the incision site to look like?

Every day until you see your doctor, check the site for any of these changes:

- Bleeding - a few drops of blood from the site. There may also be some bruising.
- Numbness, Tingling – slight numbness or tingling in your leg after the procedure that should improve over several hours
- Swelling – a small lump or knot (about the size of a quarter) at the site that may last for a few days to weeks.
- Tenderness, Discomfort or Pain - some discomfort at the insertion site which should improve over a few days.
- Signs of Infection - there should be no signs of infection now or any time after the procedure (see next page).

When should I call my doctor?

Notify your doctor for any unusual occurrence that causes concern such as:

- ☐ If bleeding does not stop or bruising increases.
- ☐ If swelling increases in size, involves the leg, or if the lump becomes painful.
 - ☐ Hold pressure over the site of the swelling if there is:
 - ☐ Bleeding;
 - ☐ Bruising (hematoma) that quickly expands.
- ☐ If the discomfort increases or is not relieved by over-the-counter pain medicines such as Tylenol®.
- ☐ If there are signs of infection:
 - ☐ Site is red or there's swelling, pain or heat;
 - ☐ Yellow, green, or gray drainage;
 - ☐ Temperature higher than 100.5F for more than 24 hours.

Go to the nearest emergency room:

- If the numbness or tingling is constant, progressive, or increases, or your leg becomes cold or changes color.
- If instructed to by your doctor OR if unable to reach your doctor.

- If there is a sudden or large amount of blood, apply pressure to the site, lie down, call 911 or go to the nearest Emergency Room.
- For a sudden onset of chest pain, shortness of breath, dizziness, heart palpitations, nausea and/or itching.

Who should I call?

If you experience any problems listed here, our staff is available to you 24 hours a day. Please call if you have any questions or concerns:

- Mon.-Fri. 8am - 5pm: (734) 232-6330 with questions the day after procedure or (888) 287-1082 (toll free) with questions more than 24 hours after the procedure
- All other times: 734-936-6267 - ask for “Interventional Cardiology Fellow on call” or “EP Cardiology Fellow on call” if you had an EP procedure (pacemaker, defibrillator, ablation...).

What are the next steps for follow-up care?

Follow up with the physician who referred you for your cardiac catheterization. For questions about follow-up appointments, call the CVC at 1-888-287-1082.

This information does not cover all the complications of this procedure.

If you have further questions, please contact your doctor.

- ☐ Angioseal Instruction Sheet
- ☐ Brachial Instruction Sheet
- ☐ Additional Instruction Sheet

Disclaimer: This document is for informational purposes only and is not intended to take the place of the care and attention of your personal physician or other professional medical services. Talk with your doctor if you have Questions about individual health concerns or specific treatment options.

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