

Cardiac Catheterization Discharge Instructions (children and adults)

What are my diet instructions?

- Resume a regular diet unless instructed otherwise.
- Drink and stay hydrated during the first 24 hours after the procedure unless there is a fluid restriction. If this is the case, you will receive specific instructions about fluid restriction.

What are the activity restrictions?

- Avoid lifting objects more than 5-10 pounds for 3 days.
- No driving for 24 hours after the procedure.
- Support the puncture site with hand while coughing/sneezing.
- Avoid swimming in lakes, pools, and hot tubs for 5 days. Avoid tub baths for 3 days. Showers and sponge baths are fine beginning the day after the procedure.
- Avoid strenuous activities for 5 days.

Please ask your care team if there are any concerns about specific activities after the procedure.

How do I care for incision/access site?

- Remove the dressing as directed by the medical team and replace it with a Band-Aid.
- Keep the site covered with a Band-Aid for the first 2-3 days after the procedure. After that, no Band-Aid is needed unless there is drainage.
- Keep the area clean and dry.
 - For patients in diapers: If the bandage gets soiled remove it, clean the site with soap and water, and place a new Band-Aid.
- Resume showers 24 hours after the procedure. Avoid tub baths for 3 days.
- Do not apply creams, lotions, or ointments to the puncture site.

How will the incision/access site look and feel?

- Bruising at the site is expected and may change in size and color before resolving.
- Mild bleeding (a few drops of blood from the site) can be normal when the dressing is removed.
- Slight numbness and/or tingling is also common in the leg with the access site over the first few hours.
- Swelling, typically a small lump or knot about the size of a pebble/green pea, can occur at the access site and may last for a few days to weeks.
- There may be mild tenderness, discomfort, or pain at the access site. This should improve over the first few days. You can take over-the-counter pain medications (ibuprofen or Tylenol) to reduce the pain. You will receive instructions on what pain medications are safe to use after the procedure.

Watch for any signs of infection at or around the access site. These may include:

- Redness
- Swelling
- Yellow or green drainage
- Skin warm to touch
- A high fever (more than 101°F) taken orally (axillary).

If you see any of these signs call us immediately.

When should I call the doctor?

Please notify the doctor if you have any of the following signs or symptoms:

- The bleeding does not stop
- The bruising increases.
- The Swelling size increases and involves the leg or if the lump becomes painful.
- A rash appears.
- The discomfort increases and is not relieved by over-the-counter medicine such as Tylenol or ibuprofen.

Also, call if there are any signs of infection as described on page 2.

Who do I call if I have questions?

If you have any of the problems listed above or if you have any other questions or concerns, please call us. We are available to you 24 hours a day.

- During business hours, Monday-Friday between 8 am - 4:30 pm call **734-764-5176**.
- After hours, on weekends, holidays call: **(734) 936 - 6267** and ask for the Pediatric Cardiology fellow on call.

When should I seek emergency care?

Call 911 or go to the nearest emergency room if they have any of the following signs or symptoms?

- Numbness or tingling that is constant, progressive, or increases.
- The leg becomes cold or changes color.
- Sudden or large amount of bleeding at the access site. If that happens do the following:
 1. Apply pressure to the site.
 2. Lie down
 3. Call 911 or go to the nearest emergency room.
- Sudden onset of chest pain, shortness of breath, dizziness, heart palpitations, nausea, and/or itching.
- Confusion, trouble speaking, or understanding.
- Sudden numbness or weakness in the face, arm, or leg.
- Blurred vision.
- Loss of coordination.

Also, seek emergency care if you are unable to reach your doctor or if your doctor instructs you to call.

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