

Care After an Ablation or EP Study — At a Glance

For an Emergency, Call 911

Activity



- **In the first 72 hours:**
 - Avoid heavy activities that involve your legs, such as sports, walking long distances, aerobics, shoveling, mowing or raking.
- **For 1 week:**
 - Slowly return to your regular activities as you can.
 - Talk with your health care provider about when you can return to work and start driving again.
 - Do not lift anything heavier than 10 pounds.

Procedure Site Care



- Leave the dressing or bandage on until tomorrow morning.
- Keep the site clean and dry for 24 hours. Take a shower with mild soap tomorrow. Don't submerge your puncture site(s) in water for 1 week.
- Check your procedure site(s) for **new** bleeding, redness, warmth and swelling.
- **If the site starts to bleed:**
 - Lie down flat.
 - Apply pressure slightly over the site for 15 minutes.
 - **Call 911** if bleeding does not stop after you apply pressure.
- You may have a lump the size of a small pea or marble. This is common. It may take a few weeks for the lump to go away.

Medicines



- Take your medicines as prescribed each day. Know the side effects of your medicines.
- Do not stop taking any medicines without talking with your health care provider.
- Refill your prescriptions at least 1 week before you will run out of the medicines.
- Your cardiologist may prescribe a blood thinner. Take it every day as directed.
- Your cardiologist may prescribe an antacid after your ablation to prevent irritation of your esophagus. Take it as directed.

Self-care



- Eat healthful foods low in sodium (salt) and saturated fat, and high in fiber.
- Check your pulse every day.
- Keep all appointments with your health care team, even if you are feeling better.
- Write down any questions or concerns for your health care team.
- Keep emergency numbers handy.
- **Do not use tobacco.** If you need help quitting, ask your health care provider for resources.



When to Call Your Cardiologist



- **Call your cardiologist if:**
 - you have a fast heart rate or palpitations
 - you have a fever
 - you have chest pain
 - you have shortness of breath or problems breathing
 - you feel dizzy, lightheaded or like you may pass out
 - you feel numb, cold, tingly, or pain from your legs or arms
 - you have new bleeding, bruising, drainage, redness, warmth or swelling in your groin site(s).