






# Care After a Procedure Using a Radial Artery — At a Glance

## For an Emergency, Call 911

| <p><b>Activity</b></p>   | <p><b>Procedure Site Care</b></p>   | <p><b>Medicines</b></p>    | <p><b>Self-care</b></p>   | <p><b>When to Call Your Cardiologist</b></p>   |
|---|--|---|--|---|
| <ul style="list-style-type: none"> <li>■ <b>In the first 48 hours:</b> <ul style="list-style-type: none"> <li>— Treat your affected wrist like a sprain. Avoid lifting anything that weighs more than 5 pounds.</li> <li>— Keep your arm raised when you are resting to help keep the swelling down.</li> <li>— Do not do sports or work with your affected arm such as golf, tennis and yard work.</li> </ul> </li> <li>■ <b>In the first 5 to 7 days:</b> <ul style="list-style-type: none"> <li>— Slowly return to your regular level of activity.</li> <li>— Follow your cardiac rehabilitation or doctor’s directions for walking and exercising.</li> </ul> </li> </ul> | <ul style="list-style-type: none"> <li>■ Remove the dressing from your wrist the morning after the procedure.</li> <li>■ You may take a shower and wash your wrist with soap and water. Do not scrub the area. Gently pat the area dry.</li> <li>■ Do not soak the wrist of your affected arm in water for 4 days or until the area has healed. Avoid bath tubs, hot tubs, swimming and dishwasher.</li> <li>■ <b>If the site starts to bleed, you have new swelling, or a firm circular mass forms at the site:</b> <ul style="list-style-type: none"> <li>— Apply pressure slightly above the site for 15 minutes.</li> <li>— Call your cardiologist or go to an Emergency Department.</li> <li>— <b>Call 911</b> if the bleeding does not stop after you apply pressure.</li> </ul> </li> </ul> | <ul style="list-style-type: none"> <li>■ Take your medicines as prescribed each day.</li> <li>■ Do not stop taking any medicines without talking with your health care provider.</li> <li>■ Refill your prescriptions at least 1 week before you will run out of the medicines.</li> <li>■ Know the possible side effects of your medicines. Know what to do if you have side effects.</li> <li>■ Carry a list of your medicines. Write down the names (brand and generic), doses and how often you take them.</li> </ul> <p style="text-align: center;"><a href="http://allinahealth.org">allinahealth.org</a></p> <p><small>© 2022 ALLINA HEALTH SYSTEM. TM – A TRADEMARK OF ALLINA HEALTH SYSTEM<br/>THIS FACT SHEET DOES NOT REPLACE MEDICAL OR PROFESSIONAL ADVICE; IT IS ONLY A GUIDE.<br/>cvs-ah-49415 (11/20)</small></p> | <ul style="list-style-type: none"> <li>■ Eat well-balanced meals. Follow any instructions your health care provider gave you.</li> <li>■ Do not drink alcohol while you are taking prescription pain medicine.</li> <li>■ Avoid tobacco and secondhand smoke. They can slow your recovery.</li> <li>■ Exercise as directed by your physician or cardiac rehabilitation.</li> </ul> | <p><b>Call your cardiologist if you have:</b></p> <ul style="list-style-type: none"> <li>■ a new lump or sudden swelling at the puncture site</li> <li>■ new drainage at the puncture site</li> <li>■ numbness, tingling, or pain in the fingers of the affected arm</li> <li>■ a change in color in the fingers of your affected arm</li> <li>■ a temperature of 101 F or higher</li> <li>■ new pain or pain you can’t control</li> <li>■ signs of infection at your incision site:             <ul style="list-style-type: none"> <li>— pain</li> <li>— swelling</li> <li>— redness</li> <li>— odor</li> <li>— warmth</li> <li>— green or yellow discharge</li> </ul> </li> <li>■ questions or concerns.</li> </ul> |