



DISCHARGE INSTRUCTIONS
ELECTROPHYSIOLOGY/ABLATION PROCEDURES

ACTIVITIES: FIRST 24-48 HOURS

It is normal to feel tired, slightly uncoordinated and need additional sleep as a result of the medications you received during the procedure. Therefore:

- You should arrange for a care partner to bring you home and stay with you for at least 24 hours.
Do not drink alcohol or take sedating drugs. Do not drive or operate any equipment that requires coordinated actions.
Avoid lifting/straining, heavy housework, sports, or exercise.
You may resume non-strenuous activities including work as soon as you feel completely alert and in accordance with your physician recommendations.

SELF/PARTNER CARE: GROIN/NECK INSERTION SITES

- The insertion sites will heal naturally within a week. Soreness, slight swelling and possible bruising is normal.
On the morning following the procedure you may remove any bandaid covering the insertion sites and shower. Do not bathe, swim or soak for one week.
If any bleeding at insertion sites occur, immediately lie down and apply continuous pressure over the insertion site for at least 10 minutes. NEVER USE A TOURNIQUET. If bleeding cannot be controlled, call 911 or your local emergency number for assistance.
Observe insertion sites for any signs of infection; i.e. swelling, increased pain, redness, drainage, delayed healing, increased skin or body temperature. Observe for circulatory problems; neck and/or leg/foot: tingling, numbness, coolness, swelling or pain.
If you experience any of the above symptoms call 212-263-5656 24 hour/day to speak with a physician from the Cardiac Electrophysiology Service.

ABLATION PATIENTS:

- It is normal to feel some skipped beats after the ablation procedure. If they become intolerable and/or persistent call Dr Chinitz's office at 212-263-7149
It is also normal to feel some chest discomfort for several days after the procedure. It is usually relieved by an analgesic such as Tylenol. If it persists call Dr.Chinitz's office.

CHEST PAD SITES:

- During the procedure energy may be delivered through the chest pads. Therefore, you may experience some discomfort, redness and itching at these sites. The redness and discomfort should resolve within a few days. Soothing lotions/compresses may be applied as long as there is no break in the skin.
If you experience any prolonged discomfort or signs of infection as described above, call 212-263-5656 to speak with a physician from the Cardiac Electrophysiology Service.

MEDICAL FOLLOW-UP:

Electrophysiology Procedure:

Two weeks after the procedure schedule an office visit with your cardiologist.

Ablation Procedures:

Two weeks after the procedure schedule an office visit to see Aileen Ferrick, NP and/or Dr. Chinitz (212) 263-3556.

MEDICATIONS:

- Continue: all current medications:
Coumadin: Start _____ mg on ____ Then _____
New medication(s): _____
Discontinue: _____
Tylenol may be taken for insertion and/or pad site pain as needed.

Additional instructions: _____

I have received a copy of the above and understand the instructions.

Patient Signature
07/16/02

Date

MD/RN Signature

Title