

## Cardiology Unit

# Discharge advice: Atrial fibrillation ablation

### Care of groin site

After the procedure, you will have 2 to 3 small punctures in the top of the right leg (occasionally we use the left leg). This is where we have passed electrical wires up to the heart for the ablation.

- it is common to experience discomfort and bruising in the groin - you can take painkillers (such as paracetamol) if necessary
- please keep the wound site clean and dry - remove the dressing after 24 hours (you do not require another dressing)
- if you experience undue swelling or bleeding from the puncture site contact **Cardiology Day Unit** 024 7696 5661 or **Ward 10** 024 7696 3635 or **Coronary Care** 024 7696 5656
- if excessive bleeding should occur, apply direct pressure to the groin and call an ambulance

### Heart rhythm after ablation

- it is not uncommon for patients to have attacks of their abnormal rhythm (atrial fibrillation) in the first few weeks after the procedure, and generally we allow at least 3 months for healing to occur before making a full evaluation of the effectiveness of the procedure
- you will be reviewed in clinic - if you don't already have an appointment, one will be sent in the post



## Patient Information

### Driving

- **DVLA does not permit** driving for 2 days after ablation, but we advise not driving for **1 week**, to allow time for your groin to heal.
- HGV/PSV (group 2) licence holders **are not permitted to drive for 2 weeks** after the ablation.

### Work

- we recommend that you take at least 1 week off work to recover, but if you have a manual job, it may be necessary to take more time off
- if you need a sick note, please see your GP

### Flying

You can fly 4 weeks after your procedure. Should you need to fly before this, seek advice from your consultant or specialist nurse.

### Returning to normal and exercise

- most people recover within a week and return to their normal activities - everyone varies, but if you have concerns, please contact us
- keep any exercise at a low level for at least 1 week after the ablation, then gradually build-up to your normal routine
- avoid manual lifting for 2 weeks

### Medication

Medicines play a vital part in your recovery. They help you to avoid further problems and help to control your symptoms. You will be informed whether you need any medications to take home, and will be provided with sufficient supplies.

We will explain your medications to you, identify potential side effects and discuss with you, how to obtain further supplies.

## Patient Information

### **General points to remember:**

- if you take regular medicine, do not stop it suddenly - your body needs time to adjust to managing without it
- it is important to take your tablets regularly
- painkillers are usually better at preventing pain, and not so good at dealing with severe pain - if you experience some troublesome pain, it is better to take painkillers sooner than to wait until the pain is very bad
- follow the directions given to you by the healthcare professional or directed in the information leaflet supplied with the medication
- do not take double doses if you forget to take your medicine - take your normal dose when this is due
- if side-effects are a problem, contact your doctor as soon as possible
- it is a good idea to carry a list of your medicines with you - if your doctor or dentist wants to prescribe something for you, they can check your list of current medicines - show your list of medication at each consultation or treatment
- always let the pharmacist know what prescribed drugs you are taking if you buy anything over the counter

### **Medication after ablation**

For your condition, it is common for patients to be discharged on the following medication:

Your anti-arrhythmic medication will be restarted following the procedure.

You will need to continue your warfarin or other blood thinners for a few months following the ablation, and your consultant will make a decision when you are seen in clinic.

For patient advice and support following ablation, please contact:

Arrhythmia Nurses: Helen Eftekhari, Geeta Paul & Asha Padwick 024 7696 4794

## Patient Information

### Useful telephone numbers

Cardiology Day Unit	024 7696 5661
Ward 10	024 7696 3635
Coronary Care	024 7696 5656

The Trust has access to interpreting and translation services. If you need this information in another language or format, please contact 024 7696 3635 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

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#### Document History

Department:	Cardiology
Contact:	25661
Updated:	October 2022
Review:	October 2024
Version:	7
Reference:	HIC/LFT/1285/11