

Cardiology Unit

Discharge advice - Atrial flutter ablation

Care of the 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)
- avoid talcum powder and lotions
- 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 common to be aware of your own heartbeat, even in normal rhythm - some people are aware of extra or “missed beats” - try not to worry about these symptoms, they usually settle down over time
- if you experience palpitations or a racing heartbeat, you should report this to your doctor
- you will be reviewed in clinic - if you do not have this appointment, one will be sent to you in the post



Patient Information

Driving

- **DVLA does not permit** driving for **2 days** after ablation, but we advise not driving for 1 week – this is to allow time for your groin to heal and your heart rhythm to settle down
- HGV/PSV (group 2) licence holders are not permitted to drive for 2 weeks after successful ablation – if your arrhythmia has caused incapacity, then driving must stop for 6 weeks

Work

- we recommend that you take at least 1 week off work to recover - if you have a manual job, it may be necessary to take additional 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 quickly and return to their normal activities within a day or two
- keep any exercise at a low level for at least 1 week after the ablation – then, gradually build-up to your normal routine
- you should avoid lifting heavy objects for 2 weeks

Atrial flutter ablation

If you have had an atrial flutter ablation, please continue warfarin (your usual dose) to maintain your INR to between 2 and 3 (unless otherwise told).

If you are on one of the direct anti-coagulants (apixaban, dabigatran, rivaroxaban or edoxaban), also continue these. We will review this when you come to clinic.

Patient Information

For patient advice and support following ablation please contact:
Arrhythmia Nurses at UHCW 024 7696 4794

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 us on 024 7696 3635 and we will do our best to meet your needs.

The Trust operates a smoke free policy

Document History

Department:	Cardiac Services
Contact:	24794
Updated:	October 2022
Review:	October 2024
Version:	6
Reference:	HIC/LFT/1279/11