

## Cardiology Unit

# Discharge advice: Electrophysiological studies and Radiofrequency ablation treatment

### Care of the groin site

After the procedure, you will have 2 to 3 small punctures in the top of your right leg (occasionally, we use your 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, as this usually settles down over time
- if you experience palpitations or racing heartbeat, you should report this



## Patient Information

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

## Driving

- the 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 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 at least 1 week off work to recover, but 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

## Medication after ablation

- your antiarrhythmic medications are **not** to restart unless a doctor tells you

## Patient Information

- you will need to take aspirin (150mg) for **6 weeks** after the procedure - this can upset your stomach - to minimise this, please take the aspirin with food
- if you experience an upset stomach, please see your doctor
- if you have a history of indigestion or stomach ulcers, please inform us so we can give you an alternative medication

For patient advice and support following ablation please contact:  
Arrhythmia Nurses 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 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

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