

## Cardiology Unit

# Discharge advice after a: coronary / TAVI angiogram, coronary angioplasty, stent or valvuloplasty heart catheterisation

If any of this information will cause a problem, discuss this with your doctor before you go home.

After your procedure, you can expect a little bruising at the insertion site.

### Do:

- ✓ Rest for 48 hours / 7 days (delete as appropriate).
  - Take things easy for 48 hours
- ✓ Remove your dressing after 24 hours. You do not need another dressing on your insertion site.
- ✓ Keep the insertion site clean and dry.
- ✓ Take painkillers such as paracetamol if the insertion site is painful.

### Do not:

- × Do not do any heavy lifting or manual work for 48 hours / 7 days (delete as appropriate).
  - Do not do any heavy lifting or manual work for 48 hours
- × Do not drive:
  - for 48 hours after a coronary angiogram
  - for 1 week after coronary angioplasty and/or stent



## Patient Information

- for 1 week after a valvuloplasty, heart catheterisation, or TAVI angiogram.
- × Do not use talcum powder or lotions.
- × Do not put weight on your wrist for 24 hours if you had your procedure through your wrist.

If you've had a heart attack, check with your nurse if you can drive. You're usually advised not to drive for 1 month.

\*DVLA guidelines revised September 2023

<https://www.gov.uk/government/publications/at-a-glance>

## When you return home

### Do

- ✓ Shower or strip wash for 4 days.
- ✓ Place a hand over the puncture site to support it when you cough, sneeze or laugh.
- ✓ Clean the insertion site with mild soap and water.

### Do not

- × Do not bath for the first 4 days.
- × Do not do heavy duties such as shopping or hoovering.
- × Do not strain.

Contact us on 024 7696 5661 if you have:

- swelling in the groin or wrist area
- minor bleeding from the puncture site
- any other concerns

## Patient Information

### **Your 'Angioseal' advice sheet**

Please keep and carry the Angio-seal information card for 90 days.

You may experience some slight tenderness in the groin. You may feel a lump the size of a pea. This lump is the angioseal and is normal.

### **Contact the Ward on 024 7696 5661 if you experience these symptoms:**

- fever
- bleeding
- persistent tenderness or swelling at the groin or wrist area
- redness to groin or wrist
- warm to the touch at groin or wrist
- numbness or pain in the extremities on walking
- wound drainage
- rash

### **If you have severe bleeding from the groin or wrist:**

- Apply direct pressure to the groin or wrist.
- Call for an ambulance - you may need hospital treatment.

### **If you have severe chest pain that is not relieved by GTN spray:**

- Call for an ambulance - you may need hospital treatment.

## **Contact details**

**Cardiology Assessment Unit:** 024 7696 5661 (7:30am to 8pm, Monday to Friday)

**Ward 21C:** 024 7696 5637 (24/7)

**Coronary Care Unit:** 024 7696 5656 (24/7)

## Patient Information

### More information

If you need more information or have any more questions, speak to a member of staff from the Cardiology team.

See also the leaflet: Discharge advice for patients following insertion of a Vascular Closure Device (Radiology).

The Trust has access to interpreting and translation services. If you need this information in another language or format, please contact 024 7696 5786 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

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