

John Muir Cardiac Rhythm Center

DISCHARGE INSTRUCTIONS ATRIAL FIBRILLATION ABLATION PROCEDURES

Activities: First 24-48 Hours

It is normal to feel tired, slightly uncoordinated, and drowsy because of the medications you received during the procedure.

Therefore:

- You should arrange for someone to bring you home and stay with you for at least 24 hours.
- Do not drink alcohol or take sedating medications.
- Do not drive or operate any equipment that requires coordinated actions.
- Avoid lifting/straining, heavy housework, sports, sexual activity or other exercise.
- You may resume non-strenuous activities, including most types of work, when you feel completely alert.

Groin and Arm Insertion Site Care

The insertion sites will heal naturally within a week.

- Soreness, slight swelling and possible bruising are normal.
- On the morning following the procedure you may remove any band aid covering the insertion sites and shower. Do not bathe, swim or soak for 1 week.
- If any bleeding at the groin or insertion sites occurs, 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.
- 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: arm and/or leg/foot: tingling, numbness, coolness, swelling or pain.

If you experience any of the above symptoms call your electrophysiologist.

Atrial Fibrillation Recurrence

Early recurrence of atrial fibrillation after the ablation procedure is common. It is believed that the early recurrence of the arrhythmia is related to atrial muscle inflammation from the ablation itself. In many cases, your electrophysiologist will advise you to take begin (or resume) taking antiarrhythmic medication following the procedure.

Chest Pad Sites

During the procedure, adhesive chest pads were placed on your chest and/or back. In some cases, skin discomfort, redness and itching may occur at these sites. The redness and discomfort should resolve within a few days. Skin lotions, mild steroid creams, or cool compresses may be applied to the affected areas if there is no break in the skin.

If you experience prolonged skin discomfort, irritation, or signs of infection, call your electrophysiologist.

Medical Follow Up

Schedule an office visit with your electrophysiologist in 2 weeks.

Medications

As prescribed by your physician.

Additional Instructions:

Cardiac Rhythm Center

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