

ARTERIAL POST PROCEDURE DISCHARGE INSTRUCTIONS

ACTIVITY

- _____ No strenuous exercise (lifting, pulling, pushing anything over 10lbs) for 3 days.
- _____ Try not to walk up stairs for a couple of days. (If access was groin)
- _____ You may walk and do light activities.
- _____ Do not bend your wrist deeply for a couple days. (If access was wrist)
- _____ May drive 24 hours post procedure. (If not taking pain medication)

DIET

You may resume a normal diet as tolerated.

Drink extra fluids to help flush your system of contrast dye and medications given during your procedure. **DO NOT DO THIS IF YOU HAVE KIDNEY PROBLEMS OR CONGESTIVE HEART FAILURE.**

SITE CARE

Keep dressing in place for 24 hours post procedure.

After 24 hours you may remove it and replace with band aid.

You may shower after 24 hours.

Do not submerge your site in water (swimming or bathtub) until healed.

May apply ice on site and take over the counter medication as directed by your physician for any pain and swelling.

CALL IMMEDIATELY IF YOU EXPERIENCE THE FOLLOWING

- Bleeding from procedure site
- A fast-growing painful lump at procedure site (hold immediate pressure)
- Signs or symptoms of infection (increased pain, swelling, warmth, redness, discharge at site, fever)

Discharged to the care of _____ Date/time _____

Follow up Appointment: _____

1840 Medical Center Parkway
Seton Building Suite 200
Murfreesboro, TN 37129
615-849-7490



VENOUS POST PROCEDURE DISCHARGE INSTRUCTIONS

ACTIVITY

No strenuous exercise (lifting, pulling, pushing anything over 10lbs) for 3 days.

May resume normal activity as tolerated.

May drive 24 hours post procedure. (If not taking pain medication)

DIET

You may resume a normal diet as tolerated.

Drink extra fluids to help flush your system of contrast dye and medications given during your procedure. **DO NOT DO THIS IF YOU HAVE KIDNEY PROBLEMS OR CONGESTIVE HEART FAILURE.**

SITE CARE

Keep dressing in place for 24 hours post procedure. After 24 hours you may remove it and replace with band aid.

If SkinAffix glue was used, **DO NOT PICK AT GLUE.**

You may shower after 24 hours.

Do not submerge your site in water (swimming or bathtub) until healed.

You may apply ice on site and take over the counter medication as directed by your physician for any pain and swelling.

CALL IMMEDIATELY IF YOU EXPERIENCE THE FOLLOWING

- Bleeding from procedure site
- A fast-growing painful lump at procedure site (hold immediate pressure)
- Signs or symptoms of infection (increased pain, swelling, warmth, redness, discharge at site, fever)

Discharged to the care of _____ Date/time _____

Follow up Appointment: _____

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UTERINE ARTERY EMBOLIZATION (UAE) POST PROCEDURE DISCHARGE INSTRUCTIONS

ACTIVITY

_____ Take it easy while slowly increasing activity over the next 3-4 days.

_____ No strenuous exercise (lifting, pulling, pushing anything over 10lbs) until follow up appointment.

_____ Try not to walk up stairs for a couple days. (If access was groin)

_____ Do not bend your wrist deeply for a couple days. (If access was wrist)

Do NOT drive until you are no longer taking Prescription pain medication.

Nothing in the vagina for **2 weeks** including but not limited to tampons, sexual intercourse, etc.

DIET

You may resume a normal diet as tolerated.

**Increase fluids and fiber. We strongly encourage over the counter laxative or stool softener.

MEDICATION

Prescribed by physician: **The first 72 hours is the worse

Oxycodone- Pain Management

Zofran- Nausea

Steroid pack- To help with inflammation and pain (**start immediately**)

Over the counter:

MiraLAX- daily, as recommended until first BM. Constipation will make cramping worse.

Ibuprofen- Pain Management. 800mg -3x a day

Sanitary napkins (menstrual pads)- Do NOT use tampons for 2 cycles.

May apply ice on site and take over the counter medication as directed by your physician for any pain and swelling.

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SITE CARE

Keep dressing in place for 24 hours post procedure. After 24 hours you may remove it and replace with band aid.

Observe site, bruising is normal. As site heals bruising may spread.

You may shower after 24 hours. Do not submerge your site in water (swimming or bathtub) until completely healed.

WHAT TO EXPECT

Do NOT use tampons for two cycles post embolization.

It is normal to have vaginal discharge or spotting post procedure. This can persist for a few weeks or until your first period.

Your next cycle may start early or may be delayed.

You may see results with your first cycle, but some do not see improvement for 2-3 cycles.

Increase discomfort may happen with the next cycle or two. This is because the fibroids shrink over several months.

Fibroids are estrogen driven. As they shrink, sudden changes in hormones may happen including but not limited to depression, hot flashes, mood swings, etc. This is usually self-limiting and requires no treatment.

CALL IMMEDIATELY IF YOU EXPERIENCE THE FOLLOWING

- A fast-growing painful lump at procedure site (hold immediate pressure)
- Increased pain or bleeding from procedure site
- Thick or foul-smelling discharge from vagina
- Signs or symptoms of infection (increased pelvic pain, fever, body shakes, redness, warmth, or discharge at site)

Discharged to the care of _____ Date/time _____

Follow up Appointment: _____

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