

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

