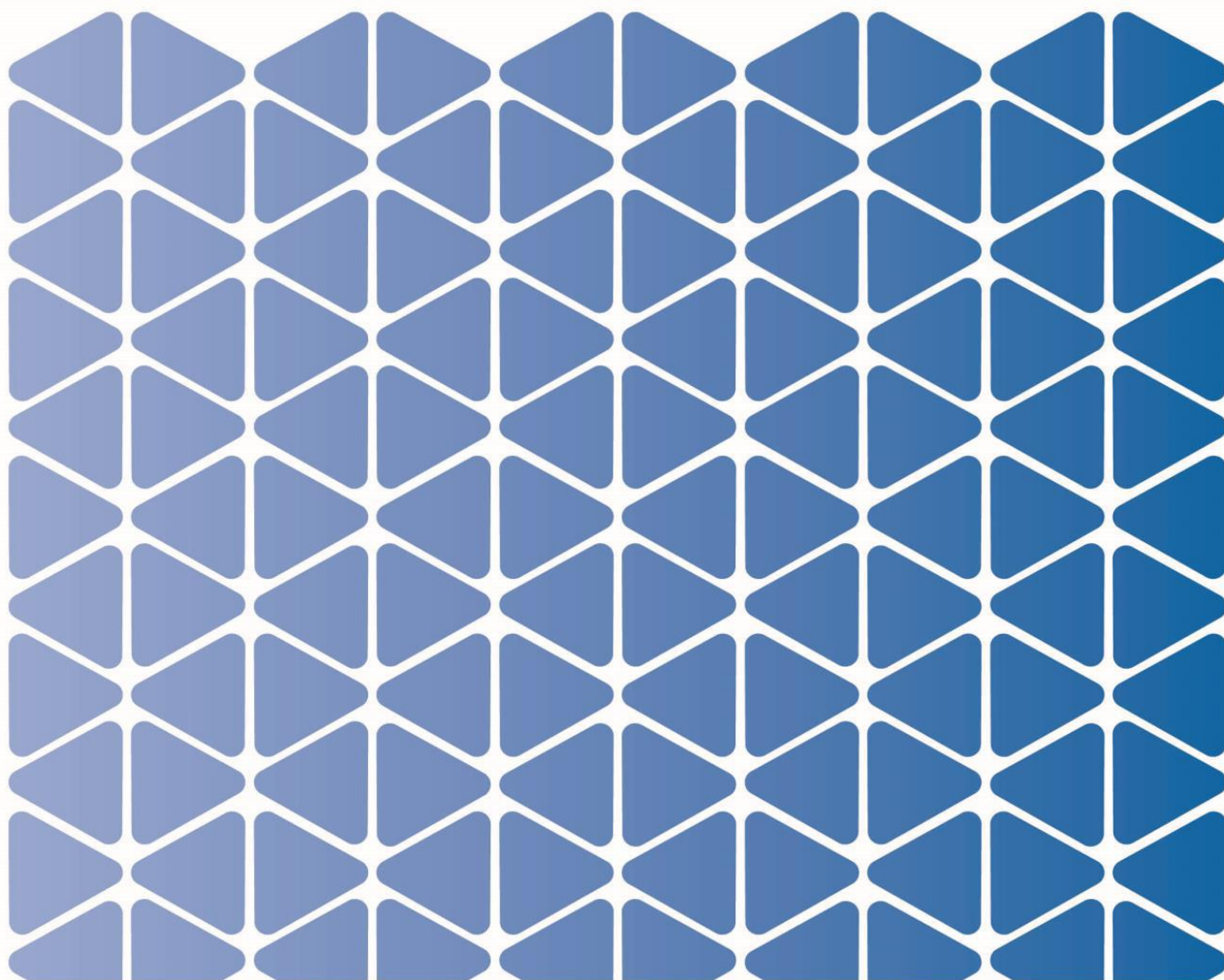


## PATIENT INFORMATION

# DISCHARGE ADVICE: ELECTROPHYSIOLOGICAL STUDIES AND CATHETER ABLATION



### Care of the groin site:

After the procedure you will have small punctures in the top of the right leg (occasionally we use the left leg). This is where we have passed electrical wires up to the heart for the procedure.

- It is common to experience discomfort and bruising in the groin. Especially if you're on 'blood-thinners'. You can take painkillers (such as paracetamol).
- Please keep wound site clean and dry and remove the dressing after 24 hours. You should not require another dressing.
- If you experience swelling or bleeding from the wound site contact Cardiac Catheter Suite between 7am-8pm or Coronary Care (at all other times).
- If excessive bleeding should occur, apply direct pressure to the groin and call an ambulance via 999.

### Heart rhythm after ablation:

- It is very common to be aware of your heart beat following an ablation. These can feel like 'odd beats'. It can be normal to have an ache in the chest too. This tends to settle after a period of time.
- If you experience palpitations or chest pain for longer than 10minutes you should report this to your GP or arrhythmia nurses. A&E if you feel unwell out of hours.
- You will be seen in a few months following your procedure. You will receive a letter from our secretaries nearer the time.

### Driving:

- **DVLA does not permit** driving for **two days** after ablation but we advise no driving for **one week**, to allow time for your groin to heal and your heart rhythm to settle down.
- HGV/PSV (group 2) license holders are **not permitted to drive for 2 weeks** after successful ablation. If your arrhythmia has caused incapacity then driving must be stopped for **six weeks**.

### Work:

- We recommend at least one 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 four weeks after your procedure. Should you need to fly before this, seek advice from your consultant or arrhythmia specialist Nurses.

**Returning to Normal exercise:**

- Most people recover quickly and return to their normal activities within a day or two.
- You can return to exercise after 48 hours, to your normal level of exercise.

**Medication after Ablation:**

- You should receive clear information before leaving the hospital including a copy of your procedure report. This should indicate whether you require any new medication, such as aspirin.
- Please do not stop any medications unless specifically instructed to, especially if you are on 'blood-thinners'

For patient advice and support following ablation please contact the Arrhythmia Specialist Nurses via  
[wah-tr.arrhythmianurses@nhs.net](mailto:wah-tr.arrhythmianurses@nhs.net).

For any urgent queries out of hours contact Coronary Care on 01905 760561 or attend A&E.

**Useful Telephone Numbers:**Arrhythmia Specialist Nurses

*01905 760868 - Mon-Fri 0900-1700*

Cardiac Catheter Suite

*01905 733205 - Mon-Fri 0700-2000*

Dr Foster & Dr Aldhoon's Secretary

*01905 760217 - Mon-Fri 0900-1700*

Coronary Care Unit (CCU)– 01905 760561

**If your symptoms or condition worsens, or if you are concerned about anything, please call your GP, 111, or 999.**

## **Patient Experience**

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

## **Feedback**

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

## **Patient Advice and Liaison Service (PALS)**

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

## **How to contact PALS:**

**Telephone Patient Services: 0300 123 1732 or via email at: [wah-tr.PET@nhs.net](mailto:wah-tr.PET@nhs.net)**

## **Opening times:**

The PALS telephone lines are open Monday to Thursday from 8.30am to 4.30pm and Friday: 8.30am to 4.00pm. Please be aware that a voicemail service is in use at busy times, but messages will be returned as quickly as possible.

If you are unable to understand this leaflet, please communicate with a member of staff.