

## **AFTER YOUR HEART CATHETERIZATION INSTRUCTIONS**

Bruising often occurs where tubes were placed during the catheterization. Don't be alarmed. The bruise may cover a large area but usually goes away within a couple of weeks. You may also feel a small lump. This lump should go away within a few weeks as well. No stitches need to be removed. A Band-Aid over the area for a couple of days may help.

### **To Allow the Site to Heal, Please Follow These Instructions**

- ♥ Do not put creams, ointments or lotions on the area.
- ♥ Limit activity and avoid excessive walking for the rest of the day of the test.
- ♥ Refrain from any activities that may strain the site. Apply pressure to the site when you cough, sneeze or strain.
- ♥ Do not operate heavy machinery/equipment for the next two days.
- ♥ You can gently wash the area with warm water and soap. Showering the day after the procedure is OK.
- ♥ You should not drive for a couple of days.
- ♥ Avoid vigorous activity (for example, running, brisk walking, biking) or lifting anything over 15 pounds for the next five days.
- ♥ Do not take a tub bath or swim until the area is healed.

### **Call Us (505-563-2500 or 800-734-4278 ) for Any of These Problems**

- ♥ Fever within the next 48 hours.
- ♥ Severe pain or numbness at the site or in an arm or leg.
- ♥ An enlarging lump in the area.
- ♥ If you have bleeding from the area or the lump seems to get larger suddenly, apply pressure with your hand to the area of swelling or bleeding and **Call 911** immediately.

We are pleased to answer your questions or discuss your condition with other health care professionals.