

## Cardiology Unit

# Discharge advice: Coronary / TAVI Angiogram, Coronary Angioplasty and/or Stent / Valvuloplasty, Left and Right Heart Catheterisation and heart attack treatment.

(Delete as appropriate)

### General Advice

- Do take things easy for 48 hours / 7 days (delete as appropriate).
- Avoid heavy lifting and manual work for 48 hours / 7 days (delete as appropriate).
- Please remove your dressing after 24 hours; you do not require another dressing on your insertion site.
- Expect a little bruising at the insertion site, this is not unusual.
- You are advised to keep the insertion site clean and dry.
- Please avoid using talcum powder and lotions.
- Please avoid driving:\*
  - for 48 hours following coronary angiogram;
  - for one week following coronary angioplasty and/or stent;
  - for one week after valvuloplasty/Left & Right Heart Catheterisation, TAVI angiogram (delete as appropriate).

**Please note: If you have had a heart attack, you are usually advised not to drive for one month (check with your Nurse).**

\*DVLA guidelines revised May, 2014 <https://www.gov.uk/government/publications/at-a-glance>

- Take pain relief if you require it.
- If you have had your coronary angiogram or coronary angioplasty and/or stent via your wrist, **do not** bear weight on your wrist for the next 24 hours.

**If any of the above information will cause a problem, please discuss this with the doctor before you go home.**

**Once you are home if you have any undue swelling in the groin or wrist area or minor bleeding from the puncture site or any other concerns contact:**

**Cardiology Day Unit: 024 7696 5661 (07:30-20:00 Mon-Fri)**

**Ward 10: 024 7696 3635 (24/7)**

**Coronary Care Unit: 024 7696 5656 (24/7)**

**If severe bleeding should occur, apply direct pressure to the groin or wrist and call for an ambulance as you may need hospital treatment. If you experience severe chest pain, and it is not relieved by GTN spray, call for an ambulance as you may need hospital treatment.**



## Patient Information

### Your 'Angioseal' advice sheet

**Please keep and carry the Angio-seal information card for 90 days.**

#### **On returning home:**

- You are advised to only shower or strip wash for the first three to four days.
- Avoid baths for the first three to four days.
- Clean area with mild soap and water.
- You may experience some slight tenderness in the groin and may feel a lump the size of a pea, which is the angioseal, this is perfectly normal.
- If you want to cough, sneeze or laugh place hand over the puncture site to support it.
- Try and avoid heavy duties such as shopping or hoovering, etc.
- Try and avoid straining.

#### **Contact the ward, if you experience the following symptoms:**

- **Fever.**
- **Bleeding.**
- **Persistent tenderness or swelling at the groin or wrist area.**
- **Redness to groin or wrist**
- **Warm to the touch at groin or wrist.**
- **Numbness or pain in the extremities on walking.**
- **Wound drainage.**
- **Rash.**

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<b>Ward 10</b>	-	<b>024 7696 5635</b>
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#### **Further information**

If you require further information or have any more questions please use the contact details above to speak to a member of staff from the Cardiology team.

See also the leaflet: Discharge advice for patients following insertion of a Vascular Closure Device (Radiology).

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact 024 7696 5786 and we will do our best to meet your needs.

The Trust operates a smoke free policy

#### **Document History**

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