You have just undergone ablation at Boulder Community Health. We have discussed a lot of post-procedure information with you and your family. This instruction sheet is a summary of the most important facts we want you to remember. Please contact our clinic if you have any questions regarding your post-ablation/follow-up care: (303) 442-2395

When to contact Boulder heart

* Bleeding, oozing, or streaking from your groin access sites
* Pain or swelling to your groin sites, hips, or back
* New bruising that develops more than 72 hours post-procedure
* Burning/painful urination
* Fever/chills
* Recurrence of arrhythmia post-procedure
* Chest pain or shortness of breath
* Fainting
* New questions or concerns prior to your follow-up visit

**Activity Restrictions**

* Do not lift more than 10 pounds for the next 10 days
* Get up and walk around every 45 minutes while awake. Continue this for the next 45 days
* You may shower, but do not use baths, swimming pools, or hot tubs until your groin site(s) are fully healed (at least 10 days)
* For the next 10 days, splint your groin site(s) if you cough or sneeze. Use firm pressure when splinting. Similarly, do not strain when having a bowel movement. If needed, consider a laxative (such as milk of magnesia) to avoid straining
* There are no restrictions related to walking or climbing stairs
* You may resume driving 48 hours post-procedure

**Follow-Up Care**

* If you are not on a blood-thinner, please take a baby Aspirin (81mg) daily for the next 6 weeks
* Continue all other medications as directed by your hospital discharge paperwork
* Monitor your groin access sites daily (please take note of the *When to Contact Boulder Heart* section). Note: It is normal for palm-sized bruising to develop at your groin access sites for the first few days after your procedure
* For the first several months, it is normal to feel a brief sensation as if your arrhythmia is about to start (this is usually described as a fluttering or skipping sensation)
* A pea-sized nodule or mild tenderness at your groin site(s) is a *normal* finding. This may take a few weeks to subside
* It is also normal to experience mild sore throat and/or chest discomfort for roughly 48-hours after your procedure
* Please schedule a follow-up visit with your Electrophysiology Team 2 to 4 weeks post-procedure

**We appreciate being an integral part of your healthcare team. Please contact us if you have any questions or concerns prior to your upcoming follow-up visits or in the future: (303) 442-2395**