You have just undergone atrial fibrillation ablation at Boulder Community Health. 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

**Activity Restrictions**

When to contact US:

* Post-procedure arrhythmia that makes you feel poorly or lasts longer than 24 hours
* Bleeding, oozing, or streaking from your groin access sites
* Pain or swelling to your groin sites, hips, or back (*note*: a pea-sized nodule at your groin site is *normal*)
* New bruising that develops more than 72 hours post-procedure
* Burning/painful urination
* Fever/chills
* Chest pain or shortness of breath
* Fainting
* 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)
* Do not engage in scuba diving or unpressurized air travel for the next 6 months. Please schedule an echocardiogram prior to engaging in either of these activities. Commercial air travel is OK
* 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**

Monitor for AtrioEsophageal fistula

If this rare complication occurs, symptoms may present up to 6 weeks after your ablation. If you experience these symptoms, please contact Boulder Heart *immediately* and present for urgent medical attention\*

* Unexplained fever/chills
* Nausea/vomiting
* Difficulty swallowing
* Coughing up blood
* Mental status changes

*\*Please note: If this complication occurs, an endoscopy or imaging with oral contrast is dangerous. Be sure to notify any treating providers that you have recently had an ablation.*

* Do not stop your blood thinner for any reason within the first 3 months after your procedure
* Continue your antacid 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 develop at your groin access sites for the first few days after your procedure. Mild tenderness is also normal
* It is normal to have recurrence of atrial fibrillation for the first 3-6 months after your procedure. This is *not* an indication of the success or failure of your ablation
* It is also normal to experience mild sore throat or chest pain for roughly 48-hours after your procedure
* Please schedule a follow-up visit with your Electrophysiology Team 2 to 4 weeks post-procedure and a 24-hour Holter monitor 1-month, 3-months, and 6-months after your ablation