

# After an Electrophysiology Study and Ablation

## Information for patients and families

Read this information to learn:

- what activities you can do when you get home
- how to care for your puncture site
- what problems to look out for
- who to call if you have any questions

You had an:

☐ electrophysiology study (EPS)

☐ ablation of \_\_\_\_\_



## What kinds of activities can I do when I get home?

- Don't lift anything over 10 pounds for 1 week. This will help your groin to heal. For example, don't lift things like grocery bags or small children.
- If you need to, you can climb the stairs, but go slowly. Try to organize your activities so you don't have to climb the stairs often.
- About 3 to 4 days after your procedure, you can start to go for walks at a slow to medium pace. Don't walk if you have angina (chest pain) or shortness of breath.
- You can restart all of your regular exercise after 1 week (for example jogging, weightlifting or sports).

If you want to know more about what activities you can do, please talk to your doctor or advanced practice nurse (APN).



### When can I drive?

You can drive 24 hours after your procedure unless your cardiologist has told you not to. If you will be driving for a long time, stop to stretch your legs once every hour.

If you drive a commercial vehicle (for example a truck or tractor), ask your doctor when you can start to drive again.



### What about sex?

Wait 48 hours after your procedure before you have sex.



## **When can I go back to work?**

If you sit at a desk, you can usually go back 2 to 3 days after your procedure. But, if you have a job that is physical (you need to use your body a lot) or stressful, you may have to wait longer. Please talk to your doctor or APN about when you can go back to work.



## **When can I travel by air?**

Before you book a flight, talk to your cardiologist. There may be restrictions (rules) about traveling after your procedure.



## **How do I care for my puncture site?**

Your puncture site is where the catheter was put into your groin during your procedure. Follow these instructions to care for your puncture site when you get home:

- Leave the dressing on your groin for 24 hours when you go home. After 24 hours, take the dressing off and leave it open to air.
- Take showers instead of baths for the first 7 days after your procedure. Sitting in a hot tub may cause your wound site to bleed.
- Your puncture site should not bleed after you get home, but sometimes this happens.

**If your puncture site begins to bleed, lie down right away and use your hand to put pressure over the site. Call for help and have someone take you to the nearest emergency department.**



## **Call your doctor or go to the nearest emergency department if:**

- your leg:
  - changes colour
  - is painful, swollen or red
  - feels cold

A small amount of bruising at your puncture site is normal. You may have a small, pea-sized bump at your puncture site. This is also normal.

- you have a fever above 38 °C or 101 °F
- pus (a yellowish green liquid) is coming out of your puncture site
- you have sudden shortness of breath
- you have very bad pain or swelling at your puncture site or in your lower abdomen (stomach area) above the site
- you feel your heart beating very fast

## Who can I call if I have any questions?

If you have any questions or concerns after your procedure, you can contact:

1. Your doctor or Nurse Practitioner

**OR**

2. Cardiovascular Investigation Unit (CVIU) 416 340 4800 ext. 4812  
**Monday to Friday at 7:00 am – 11:00 pm**

**OR**

3. The HEART HELP LINE 1 888 780 8707 (toll free)  
The HELPLINE is available 24 hours and is for patients or families to use for up to 4 weeks after discharge.

When you call the help line:

- Leave a confidential voice message with your name, medical records number (MRN) and your phone number
- Calls will be returned within 2 hours

After 4 weeks from your discharge date, please call **Ontario Telehealth at 1 866 797 000 or your family doctor** with any questions or concerns.



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