

Maine Medical

PARTNERS

Congenital Heart

Discharge Instructions after Cardiac Catheterization for Adults

After the catheterization, you will have the opportunity to meet with the doctor and discuss how the procedure went. We want you to be sure you understand this information. If you have further questions, please ask a member of your care team.

Activity

- Gradually increase your activity as tolerated
- No strenuous exercise or lifting over 10 pounds for one week
- No driving for 24 hours

Diet

- Try to eat healthy foods such as fruits and vegetables, fish, and whole grains
- Try to avoid eating foods that are high in salt, fat and/or cholesterol

Catheterization Site

- Keep the site clean and covered with a band aid daily, until the site has healed (2-3 days).
- Avoid tub baths, hot tubs, or swimming for three days. Showers are okay.
- A bruise or lump at the site is common. It should disappear in a few weeks. Some mild discomfort is common during the healing process.
- If you bleed at the catheterization site, hold firm pressure and call 911. **DO NOT** drive yourself nor let someone drive you to the hospital.
- If a new lump develops at the site, growing to the size of a walnut or larger, please contact us and ask to be seen immediately.

Please call MMP – Congenital Heart at (207) 883-5532

- If the procedure site becomes more painful, is swollen, red, bleeding, or draining
- If you have chest pain or trouble breathing
- If you have severe pain or numbness in the limb where the procedure was performed, or if that limb is cold or bluish in color
- If you notice any other unusual symptoms