



Eastlake Cardiovascular, PC

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Discharge Instructions: Cardiac Catheterization with Femoral (Groin) Access

A flexible catheter was inserted into the femoral artery in your groin. Then wires and other devices were carefully guided up to your heart. Once there dye was injected that allowed the doctor to see areas of blockage in your coronary arteries.

- Unless directed otherwise, drink 6 glasses of water throughout the day after your catheterization to prevent dehydration and to help flush the dye that was used. (Talk to your doctor first if you are on dialysis or have heart failure).

You may have undergone angioplasty (balloon) and/or stent placement to improve blood flow and reduce the blockage. It is important to know if a drug eluting (DES) or a bare-metal stent (BMS) was placed.

What to Expect

You may have some tenderness in your groin after the procedure as well as some bruising. A small, marble sized lump may also be present over the site. These should all improve daily. You may note the bruising moving down the leg as it fades due to gravity. If you have a small lump at the site, this may be from a small collection of blood in the tissue (hematoma) after holding pressure or related to a closure device used to stop bleeding of the artery after the catheter is removed. This should get smaller while being reabsorbed by the body and may take 1-3 weeks. Heart symptoms you had before the procedure should be much better now (i.e. chest pain, tightness or shortness of breath).

Femoral (Groin) Site Wound Care

After the procedure a small dressing is applied to the site. You may remove this the following day and do not need to reapply. You can clean the area with soap and water, but do not submerge yourself in a bath for 5-7 days. Keep site clean and dry. Avoid lotions, ointments, or powders at the site for 1 week. You may apply an ice pack or cool compress to help the discomfort.

Activity

While the wound is healing, bleeding or swelling can occur as a result of stress or strain to the groin and abdominal muscles. Carefully follow these guidelines:

- On the day of discharge, limit your activities.
- No driving for 3 days.
- Showering is permitted the following day. No tub baths for 1 week.
- You may resume your usual activities the day after discharge, but:
 - No heavy lifting, pushing or pulling (greater than 10 pounds) for the next 3 days.
 - Keep going up and down stairs to a minimum for the next 3 days
 - No strenuous physical exercise for 1 week (i.e. excessive walking, tennis, running, swimming, golfing, weight lifting, bicycling, sexual activity).

When to Call: Eastlake Cardiovascular 586-498-0440

GROIN SITE and LEG ISSUES	HEART and MEDICATION RELATED
Redness or warmth at site	Chest pain, pressure or tightness and / or pain in arm, shoulder or jaw
Lump at the site becomes larger	Weight gain of 3-4 or more pounds in 2-3 days
Increased or new bruising extending into thigh or buttocks	Increased or new swelling in your legs, ankles, feet or abdomen (pants fitting tighter)
Pain in the groin that makes walking difficult	Increased or new shortness of breath
Change in the color, temperature, movement or feeling in the foot or leg.	Dizziness, sweating, weakness, severe headache or cough, chills or fever
Drainage from the site or bleeding	Blood in your urine or dark tarry stool
Increased pain or numbness, tingling, swelling in leg or foot or calf tenderness	Excessive bruising
Lower abdominal or flank pain	Inability to tolerate medications, obtain them or are unsure of your discharge medications

Oozing

If you notice minor bleeding from the puncture wound, please do the following things and notify your doctor.

- Immediately lie flat
- Apply firm pressure just above the puncture site and hold firm pressure for 15 minutes. If possible, have another person apply the pressure.
- After 15 minutes remove pressure. The wound should be dry and flat, without bleeding. You should continue to lie flat for about one hour before getting up and walking.

If bleeding persists for more than 15 minutes or swelling occurs which appears to be increasing, you should be taken to the nearest emergency room for evaluation of the groin site.

Arterial Bleeding

The following signs could indicate that the puncture in the vessel has reopened and that there is active bleeding.

- Sudden increased swelling around the wound, which may be pulsating.
- Continuous profuse blood is streaming from the wound.
- A jet of blood pumps from the puncture wound.

This would be rare, but is a **MEDICAL EMERGENCY - IMMEDIATELY APPLY HARD PRESSURE** above the puncture wound and call **911**.