



Eastlake Cardiovascular, PC

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Discharge Instructions: Cardiac Catheterization with Radial (Wrist) Access

A flexible catheter was inserted into the radial artery in your wrist. Wrist access has less risk of bleeding complications as compared to groin access. 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 arm and wrist after the procedure as well as some bruising. These should all improve daily. 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. 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).

Radial (Wrist) 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 your arm in water 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 and elevate if swelling.

Activity

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

- On the day of discharge, limit your activities with the affective arm.
- No driving for 1 to 2 days.
- For the first 2 days, do no lift anything more than 5 lbs with the affected arm.
- You may resume your usual activities the day after discharge, except:
 - No heavy lifting, pushing or pulling (greater than 10 pounds) with affected arm day 3-7.
 - No strenuous deep bending or flexing of the wrist for 3 days (i.e. rising from a chair or bed bending your wrist, tennis, swimming, golfing, weight lifting, bicycling).

When to Call: Eastlake Cardiovascular 586-498-0440

WRIST SITE 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 that becomes larger	Weight gain of 3-4 or more pounds in 2-3 days
Increased or new bruising	Increased or new swelling in your legs, ankles, feet or abdomen (pants fitting tighter)
Pain in the wrist that is not improving	Increased or new shortness of breath
Change in the color, temperature, movement or feeling in the hand or arm.	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 hand or arm	Excessive bruising
Loss of sensation in your hand	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 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 rest for about one hour before getting up and walking or using the arm.

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 puncture 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**.