

# Convergent MAZE

## Discharge Instructions

### General Information

- You can expect to be in the hospital for approximately 3 days.
- It may take up to 6 months to see the results of this procedure. You may also see an increase in your atrial fibrillation during this time. This is not an indication of failure of the procedure.
- Please schedule a follow-up appointment with Dr. Jiao for 1-2 weeks from your discharge date and Dr. Brothers in 10 days.

### Wound Care

- You will have incisions in groin area and upper abdomen. You should take special precautions at home to protect your incisions.
- At home, remove dressings and gently wash incisions daily with soap and water. Keep the incision sites clean and dry.
- Bruising may be noted in groin area for several days. You will have tenderness around the site for about one week.
- May shower after 24 hours. No tub baths for the next 5 days.
- Do not apply lotions or powder to the puncture site. You may cover the site with a band-aid if needed but should change it daily.
- Check daily for signs and symptoms of infection: Redness, swelling, heat, pain, drainage, wound not healing, fever or chills.

### Activity

- For the next 5 days
  - No heavy lifting, pushing or pulling
  - No stair climbing
  - Avoid straining to have a bowel movement
  - No sexual activity
- No driving for 1 week.
- Discuss with Dr. Brothers when you may return to work.

### Notify Your Doctor if:

- Signs of infection (listed under wound care)
- Increased swelling or firmness around the puncture site or affected limb
- Significant bleeding at puncture site
  - If a small amount of bleeding occurs, lie down and place firm pressure at the puncture site for several minutes
  - If a large amount bleeding occurs or a large area of swelling develops, lie down and place firm pressure at the puncture site and call 911
- Call 911 or go to the Emergency Department
  - for any unusual pain, numbness, tingling, coolness, bluish discoloration, or any weakness or paralysis to affected limb
  - for any chest pain, shortness of breath, palpitations, lightheadedness or dizziness

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