

Cryoablation Discharge Instructions

Your physician has punctured a vein in your legs to perform this procedure. After your procedure, manual pressure will be used at the puncture sites to stop bleeding. You should take special precautions for the next few days at home to protect this site.

Wound Care

- Your pressure dressings will be removed the morning after the procedure. Gently wash the puncture sites with soap and water. Keep the incision site clean and dry
- Moderate bruising may be noted in both groin areas 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 3 days
- You may return to work in 1 week

Notify Your Doctor for the Following

- 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

General Information

- You can expect to be in the hospital for 1 ½ days
- It may take 2–3 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 your doctor for 1 week from your discharge date