

# Post Electrophysiology Study Post Radiofrequency Ablation (EP Study/RFA)

Your physician has punctured an artery and/or vein in either your leg or arm to perform this procedure. After your procedure, your doctor will choose to use manual pressure, a compression device or a special closure device at the puncture site to stop bleeding. You should take special precautions for the next few days at home to protect this site.

## Wound Care

- Remove the dressing the morning after the procedure and gently wash the puncture site with soap and water. Keep the incision site clean and dry
- If a special closure device (i.e. angioseal) was used, you may note a pea size lump at the puncture site for several weeks after the procedure. Otherwise the area should be soft to touch. Some bruising may be noted. You may have mild tenderness around the site for about one week
- May shower after 24 hours. No tub baths or the next 3-5 days
- Do not apply lotions or powder to the puncture site. You may cover the site with a band-aid if needed for 2-3 days 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

After 24 hours, you may begin to resume normal activities, except for the following:

- Avoid squatting, bending, or stooping for the next 3-5 days
- No work for 5 days
- Avoid straining to have a bowel movement for the next 3-5 days
- Do not lift anything that weighs more than 10 lbs for the next 5-7 days

- Avoid strenuous activities such as jogging or exercising for the next 5-7 days
- No driving for 3 days

## 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 above the puncture site for several minutes and contact your doctor
  - If a large amount bleeding occurs or a large area of swelling develops, lie down and place firm pressure above the puncture site and call 911
- Unusual pain, numbness, tingling, coolness, bluish discoloration, or any weakness or paralysis to affected limb
- Chest pain, shortness of breath, irregular heartbeats, palpitations, lightheadedness or dizziness

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