

# Post Angiogram Discharge Instructions for Upper Extremity Access

Your physician has punctured an artery and/or vein in your 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 the bleeding. You should take special precautions for the next few days at home to protect this site.

## Wound Care

- If a splint was used, it should be removed 8-12 hours after it was applied.
  - Your nurse will specify the exact time to remove the device.
- If used, 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.
- The area should be soft to the 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 for the next 3-5 days. Do not let the site be submerged in water for 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 (including driving), except for the following:

- Do not lift anything that weighs more than 5 lbs. for the next 5-7 days with the affected arm.

## Notify your doctor for the following

- Signs of infection (see wound care above)
- 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 or above the puncture site for several minutes and contact your doctor.
  - If a large amount of bleeding occurs or a large area of swelling develops, lie down and place firm pressure at or 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.