Going Home After your Atrial Fibrillation Catheter Ablation Procedure

Here are some important items to remember to make things easier for you at home:

- Take it easy for the first 3 days after your procedure. After those 3 days, you can go back to your normal activity.

- No lifting of objects heavier than 10 lbs for the first week after your ablation.

- You can shower when you get home, and you can bathe after 5 days. Pat the skin dry instead of rubbing around the sites where the catheters were put in.

- There is no dressing on the sites where the catheters were put in. But if the site is draining any fluid, you can put a clean band-aid on the site for a day or two.

- You can return to exercise like tennis, golf, biking, or swimming after 7 days. Ask your doctor when to return to activities like scuba diving, horseback riding, competitive bike riding, heavy weight lifting, or hunting.

- You may return to sexual activity 5 days after the procedure.

- You will need to start on shots called Lovenox to use twice a day (12 hours apart) after the ablation for 4-6 days to thin your blood. You will need to start on a pill called coumadin (warfarin) at the following dose:

  __________ mg for ____________ days, then __________ mg for ____________ days.

  You will need to get your blood drawn for a PT/INR test on _________________.

You are being sent home on the following medicines:

_____________________________________________________________________________________________
_____________________________________________________________________________________________
_____________________________________________________________________________________________
_____________________________________________________________________________________________

You will need to STOP these medications:

_____________________________________________________________________________________________
_____________________________________________________________________________________________
_____________________________________________________________________________________________
_____________________________________________________________________________________________

Continued
• We would like to see you back in the doctor’s office in about 4-6 weeks. Please call (415) 353-2873 to make an appointment. If you get an answering machine, please leave a message with your name and phone number, and we will call you back as soon as possible.

• For questions about your ablation, the doctors in the Cardiac Electrophysiology Department may be reached any time at (415) 476-5706. You may also leave a message or contact the nurses at this number. If you have any problems or questions on the weekend, you can have the doctor on call for the Electrophysiology service paged by calling the same number. If you have any questions related to your heart, but not related to your ablation procedure, please call your regular heart doctor (cardiologist) or primary health care practitioner.

It is very common to have a large bruise after your ablation from your groin to above your knee around the site where the catheters were put in. Although problems are rare, we want to hear from you if you should have any problems. Be sure to phone the doctor right away if you notice:

• Fainting or near fainting
• Very slow (slower than 45 beats per minute) or very fast heartbeat
• Dizziness or unusual fatigue
• Unusual warmth, redness, bleeding, or drainage of fluid at the site where the catheters were inserted
• An increase in soreness or swelling at the site where the catheters were inserted

If you have any urgent problem, please go to the nearest emergency room. Ask them to page the physician on call for Electrophysiology at (415) 476-5706.

The purpose of the ablation is to help your heart beat in a more normal way, so that you can more easily go about your life. You should be as active as you can comfortably be. We’re looking forward to seeing you after the procedure. Other instructions:

_____________________________________________________________________________________________
_____________________________________________________________________________________________
_____________________________________________________________________________________________

Important telephone numbers (24 hours a day):
Cardiac Electrophysiology Department: (415) 476-5706
Clinical Nurse Specialists: (415) 476-5706