Discharge Information following your Atrial Fibrillation Ablation
Information for patients, carers and their families

Procedure:
Following your procedure, to minimise any risk of bleeding or other complications with your wound, we advise that you rest quietly after your procedure.

Wound Care:
- The dressing applied after the procedure, can be removed the next day. This does not need replacing following its removal.
- Avoid any lifting or strenuous activity for 7 days, as this increases the pressure in the groin area and may cause the wound to bleed.
- It is rare for serious complications to occur after the procedure, however it is normal to have bruising around the wound. This may cause some discomfort so simple pain relief like paracetamol as directed, can be taken to help.
- If the pain persists or there is swelling at the site, please contact your GP immediately as your wound may require further attention.

Bleeding:
It is rare for bleeding to occur once you are home however, if the groin site bleeds,
- Immediately lie flat.
- Apply pressure yourself or ask the person looking after you to, apply pressure to the area for 10 minutes.
- If the bleeding STOPS, remain lying down for a least one hour.
- If the bleeding CONTINUES, phone an ambulance immediately. Dial 000, whilst holding pressure.

Sedation:
If you have received sedation or ‘strong’ pain relief during the procedure, it is advised that you do not drink alcohol, make any legal decisions or sign any documents for at least 24 hours.
**Interventional Suites**

**Driving Restrictions:**
There is at least a one week driving restriction in place following this procedure (Assessing Fitness to Drive, 2017; National Transport Commission).

**Medications:**
Following your Atrial Fibrillation procedure, the doctor will commence you on a new medication known as a Proton Pump Inhibitor (PPI).

This is an Anti-Reflux medication prevent any potential inflammation of the oesophagus after the procedure. If this is a prescribed medication which you are taking prior to the procedure then continue it.

Do not stop taking your blood thinner medication or other prescribed medication unless specifically advised by your cardiologist after the procedure.

**Follow up appointment:**

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**If you have any questions or concerns**

Please contact the Cardiology Bookings Nurse:
8:00am to 4:30pm - Monday to Friday

Phone: 07 52020847

**If this is an emergency: Dial 000**