

# After Your Ablation Procedure

Royal Columbian Hospital Electrophysiology Lab

## Follow-up

- Arrange to see your family doctor in **1 week**.
- Follow-up with:
  - ☐ Your heart rhythm specialist (electrophysiologist):
    - ☐ Dr. Lemaitre 604-522-5727
    - ☐ Dr. Tung 604-526-5565
    - ☐ Dr. Valtuille 604-522-5727
  - ☐ Atrial Fibrillation Clinic 604-528-5073

If you are already a patient of the Atrial Fibrillation Clinic, we call you to arrange to see the nurse practitioner in 2 months and electrophysiologist in 5 months.
- Restart your blood thinner on this date: \_\_\_\_\_
- Continue your regular medications unless told otherwise by your doctor.

## For the rest of today

- A responsible adult must drive you home.
- A responsible adult should remain with you for the next 24 hours.
- **Do not** drink any alcohol.
- **Do not** take any sedatives or sleep medicines.
- **Do not** do any exercise or activity.

## For the next 24 hours

- Keep the bandage dry.
- Keep your leg straight.
- Limit how often you use stairs.
- Try not to bend forward.
- Do not drive a car or operate heavy machinery.

## For the next 7 days

- Take showers only.
- Do not take baths or go in swimming pools or in hot tubs.
- Do not lift, push, or pull anything over 4 to 5 kilograms (10 pounds). This includes carrying children, bags of groceries, and laundry baskets.
- Try not to do any strenuous activities that would cause you to be short of breath.
- You can return to regular activities and exercise in 1 week, including sexual activity.

## Caring for the groin site

- Keep the bandage on your groin dry.
- Remove the bandage 24 hours after your procedure.
- You might notice bruising, soreness, and swelling around the site. This is normal and goes away in about 2 weeks.

If you notice **bright red bleeding** and/or **sudden severe pain** and swelling in or around your groin site:

- **Call 9-1-1 and put firm pressure** over the groin site until emergency personnel arrive.

## Managing pain

- It is normal to have slight pain or discomfort in the groin area over the next 1 to 2 days.
- **Take acetaminophen** (Tylenol or store brand) **every 4 to 6 hours as directed** for groin or chest pain.
- You might feel burning in the chest that gets worse when lying down or with a deep breath. This can be a normal after effect of the procedure. It usually goes away after several days.

## Work

- Many people are able to go back to work and/or resume full activity in 3 to 5 days. It depends on what type of job you have and how well you feel.
- Speak to your family doctor if you have any specific concerns.

## If you have questions, it's good to ask:

- Your family doctor
- Fraser Health Virtual Care  
1-800-314-0999 or live chat online at [fraserhealth.ca/virtualcare](https://fraserhealth.ca/virtualcare)  
10:00 a.m. to 10:00 p.m., daily
- HealthLinkBC - call 8-1-1 (7-1-1 for deaf and hard of hearing) or go online at [HealthLinkBC.ca](https://HealthLinkBC.ca)

## For people who had Atrial Fibrillation Ablation

### For the next 8 weeks

- Your throat and lips might be a bit sore. This is because of the breathing tube. To relieve this, you can use lozenges or gargle with salt-water.
- **Do not** have an upper gastro-intestinal endoscopy (a procedure that involves putting a scope down your throat to look at the inside lining of your esophagus and stomach).

**Please note:** It is normal to continue to experience signs of an abnormal heart rhythm in the first 3 months after your ablation.

## When to get help

Call your family doctor or heart specialist if you have any of the following:

- an episode of irregular heartbeat that makes you **feel unwell at rest or lasts longer than 24 hours**
- pain with swallowing
- heartburn that is new or worsening
- a fever over 38° C (100°F)
- redness and swelling, with warmth around the groin site
- pain around the groin site that gets worse over the first few days

**\*Note:** If you need to be treated in an Emergency Department after your ablation, let your doctor or heart specialist know as soon as possible.

Call 9-1-1 or have someone take you to the nearest Emergency Department if:

- Your symptoms get worse.
- You feel extremely unwell or short of breath.
- You have bad chest pain or discomfort.
- You have sudden bleeding from your groin site. (**Press firmly** over the area to stop bleeding.)
- You have signs of a stroke, or mini-stroke.
- You have fainted.

Learn the signs of stroke

**F**ace is it drooping?  
**A**rms can you raise both?  
**S**peech is it slurred or jumbled?  
**T**ime to call 9-1-1 right away.

Act **F A S T** because the quicker you act, the more of the person you save.

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[www.fraserhealth.ca](https://www.fraserhealth.ca)

This information does not replace the advice given to you by your healthcare provider.