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*Information for You from Your Health Care Team*

**Instructions for Patients following Electrophysiology and /or  
Radiofrequency Ablation**

Doctor's office at 550 Harrison St..... (315) 464-9335  
Secretary..... (315) 464-5973

1. Please review the Electrophysiology (EP) study and Catheter ablation information that you have been given. A member of the electrophysiology department will visit to answer questions you may have, before you are discharged from the hospital. If you have questions once you are home, call the EP secretary and ask to speak with one of our nurses (464-5973). After 5pm, the doctor on-call can be reached at 464-9335.
2. You may shower the day after your procedure. Gently wash the access site(s) with mild soap and warm water. **DO NOT RUB THE PUNCTURE SITE(S).**
3. **Diet:**
  - Eat lightly following the procedure.
4. **Activity:**
  - No driving for 3 days.
  - No mowing the lawn or snow shoveling for 3 days.
  - No dancing, riding a bicycle, walking a treadmill, or participating in strenuous activity that will put a strain on the access site(s) for 3 days.
  - No lifting more than 20 lb objects for 3 days.
5. **Call your Doctor If You Experience Any of the Following:**
  - Fever over 101 degrees F or 38.5 degrees C.
  - Bleeding at the site(s). If you see any blood coming from the site(s), lay down and put at least two fingers on the site(s) for 20 minutes to stop the bleeding.
  - Redness, increased swelling, coolness to touch, or drainage from procedure site(s).
  - Loss of feeling or sensation in the area below the site(s).

6. **Seek Care Immediately If:** (Call 911 for an ambulance to take you to the nearest hospital. Do not drive yourself).

- If you experience heavy bleeding at the site, place at least two fingers to the site and call 911.
- If you have chest pain or trouble breathing.

7. **Medications:**

- Make sure you take medications as prescribed. If there is any question or concern with your discharge medication(s) please call our office.

8. **Follow-up Appointments:**

- Please schedule and keep appointment with your Primary Medical Doctor and Cardiologist.
- We will arrange an outpatient visit to our Arrhythmia clinic upon discharge if necessary.

11/02; revised 8/04