Care after Cardiac Cath

Wrist Site

What to expect

• For up to 5 days after your procedure, your wrist site may be sore, tender and have some bruising.
• You may have a small lump at the site that should not get larger. It should go away after 7 to 10 days.
• You may have a small amount of oozing from the site for 48 hours after the procedure if a scab comes off.

Food and drink

• You can return to your usual diet.
• **Drink 6 to 8 cups of water each of the next 2 days** to help flush the contrast medicine or dye from your body after the procedure, unless your doctor directed you to limit your fluids.

Care of your wrist site

• You may shower 24 hours after your procedure and remove the bandage over your wrist site.
• Gently clean the site each day with soap and water and then pat dry. Do not scrub the site.

• **Do NOT soak your wrist site in water for 3 days after procedure or until the site is fully healed.** This means no soaking in the sink, bath tub, hot tub, swimming pool or other places where your wrist site would be under water.
• **Do NOT put any lotions, powders or ointments on the site for 7 days or until the site is fully healed.**
• After you remove the bandage, you can cover the site with a band-aid for the next day or two if your clothes rub the site. Otherwise, leave the site uncovered.
• Check the site each day for any change in redness, swelling, bruising and drainage.

Activity limits

• **Do NOT lift, push, or pull more than 5 pounds for 7 days or until the site is healed.** A gallon of milk weighs just over 8 pounds.
• **Limit twisting and bending the wrist site for 3 days.**
• **No driving for 24 hours** after the procedure unless directed by your doctor.
Call your doctor if you have:

- More redness, swelling, bruising, pain or drainage at the wrist site.
- White or yellow drainage with an odor from the wrist site.

Weekdays between 8 AM and 5 PM call:
- Ross Cardiac Cath lab at (614) 293-8385
- UH East Cath lab at (614) 257-3571

After 5 PM, on weekends, or if you are not able to reach your doctor, call the OSU operator at (614) 293-8000 and ask for the Cardiology attending doctor on call.

Call 911 or get emergency care if you have:

- Wrist site bleeding that does not stop after applying direct pressure for 15 minutes.
- Chest pain, shortness of breath or any unusual symptoms including chills, fever, nausea or vomiting.