Your Care after Ablation

What to expect

• Your upper leg or groin site may be tender and have some bruising. This is normal. If the area feels hard, or there is any bleeding or swelling at the site, call your doctor right away at 614-293-4299.
• You are not to drive for the first 24 hours after your procedure.
• Ask your doctor what you should expect about your heart beat after the procedure. Sometimes the irregular rhythm goes away right after the procedure. Other times, it may take longer to go away.

Care of your wound site

• The dressing covering your upper leg wound can be removed the day after surgery. Keep the area clean, dry and open to air. Do not put a bandage, lotion, or powder on the site until it is completely healed.
• You may shower the day after your procedure. Do not let the stream of water directly hit the site, but clean the site gently and pat it dry with a clean towel.
• Do not take a tub bath, swim or use a hot tub for 2 weeks or until the upper leg site is completely healed.

Activity limits

• Do not drive for the first 24 hours after the procedure.
• Do not lift, push or pull more than 10 pounds for the first week after your procedure. A full gallon of milk weighs about 8 pounds.
• Reduce stair climbing, bending, squatting, stooping and excessive walking for the first week after your procedure.
• Ask you healthcare provider when you can expect to return to work.

Medicines

• You may take acetaminophen (brand name Tylenol or store brand) to help with pain around the leg site. Follow the directions for the amount and time between doses on the package.
• You may be given a prescription for esomeprazole (brand name Nexium) for the next 30 days to protect your esophagus (the tube which food travels through to your stomach) after the procedure.
• Your healthcare provider will review all of your medicines with you on your discharge instructions before your discharge.
Call your doctor

If you have any of these problems, call your doctor right away:

- Redness, swelling, bleeding or drainage from the leg wound site
- Chest pain, shortness of breath or dizziness
- Temperature of 100.4 or higher, or as directed
- Sudden coldness, pain or numbness in the leg with the wound site
- Nausea or vomiting