

## ATRIAL FIBRILLATION CATHETER ABLATION: POST-PROCEDURE INSTRUCTIONS.

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### Expect:

1. Minor chest tightness, often worse with a deep breath for up to 72 hours post-procedure.
  - a. If permitted by your physicians, ibuprofen 200-400 mg can be helpful in relieving this discomfort.
2. It is common to have atrial fibrillation or palpitations within the first 3 months after your procedure. This does not predict the long-term outcome of the procedure.
3. Minor or moderate groin discomfort.
4. Mild nausea or fatigue within 24 hours of procedure.

### Recovery:

1. Bed Rest for 4 hours following procedure.
2. Most patients (approximately 90%) discharged on day after procedure.
3. OK to take a shower, but avoid taking a bath for three days.
4. OK to engage in usual daily activities provided you feel well upon returning home.
5. Do not engage in intense physical exercise or lift anything heavier than a gallon of milk for one week.
6. Return to sedentary work and sexual activity in 72 hours if you feel fine.
7. OK for physically active work or air travel in one week if you feel fine.

### Contact us if:

1. Severe groin pain (minor pain is common).
2. Bleeding (more than a small amount of blood on band aid) from groin sites.
3. An enlarging mass in the groin greater than the size of a marble.
4. Fever above 101 degrees or shaking chills.
5. Persistent pain on urination after 48 hours.
6. Any neurological findings such as inability to speak or weakness/loss of sensation in arm or leg.

### Medications:

1. Lovenox injections twice daily, typically for two days.
2. Warfarin (Coumadin) as directed by your physician.
  - a. PT/INR level to be checked as directed or within one week after the procedure to ensure proper warfarin dose.
3. Anti-arrhythmic medications are to be continued as directed by your physician. In most cases, these medications will be discontinued within 3 months.
4. Antacid medication: As prescribed by your physician for one month post-procedure.