You have had a cardiac catheterization (“cardiac cath”). At the end of the procedure, one of these methods was used to stop the bleeding from the cath site:

- **Holding pressure:** Pressure is put on the site to stop bleeding until a clot forms.
- **Perclose:** A stitch is placed in the artery or vein under the skin to prevent bleeding.
- **Safe-Guard dressing:** This dressing uses air to hold pressure at the cath site. It should be deflated prior to discharge and remain deflated.
- **Hem-Con patch:** This patch will help to prevent bleeding. It will have gauze and clear tape over the patch.

**The day of the procedure**

You will feel sleepy from the anesthesia or sedation medicine for a few hours after the procedure. Limit your activities for the rest of the day.

- No driving, bicycling or operating machinery.
- No products (drinks or food) that contain caffeine or alcohol.
- **No smoking, chewing tobacco or taking any form of nicotine** for at least 24 hours after the procedure.

**Care of the cath site**
You may have some soreness at the cath site for about one week. Bruising can last for 2 weeks. If there is a lump under the skin (hematoma), it can last for up to 6 weeks.

- Remove the dressing after 24 hours. You may apply a Band-Aid® daily for 1 to 2 days.
- Keep the site clean and dry. Wash gently with mild soap and water.
- No tub baths, swimming pools or hot tubs for 3 days. You may take a shower or sponge bath.

**Activity**

You may resume your normal activity 48 hours after the procedure unless the cardiologist or cardiology nurse practitioner tells you otherwise.

**When to call the cardiologist**

Call your cardiologist if one or more of these things occurs:

- You have an oral temperature higher than 101.5 degrees F for 24 hours. (If coils were placed, you can expect to have a fever for the first 24 hours). You may take Tylenol® (acetaminophen) or Advil® or Motrin® (ibuprofen) for fever.

- If you have bleeding or oozing of blood from the cath site, you should lie flat. Apply pressure for 20 minutes. **If the bleeding cannot be controlled with pressure, call 911.**

- You have increased swelling, or a new lump develops at the cath site.

- You feel pain, numbness, tingling, coolness, or loss of feeling, or there is a change in color or temperature in one leg compared to the other leg.

- There is redness, swelling, drainage or warmth at the cath site.

- If you feel chest pain, especially after ASD or PFO devices have been placed in the heart. Chest pain may be expected after some procedures, like angioplasty or placement of a coil or stent. However, an echocardiogram may be needed to rule out fluid around the heart.

- Call 614-722-2530 Monday through Friday from 8:00 a.m. to 5:00 p.m. with questions following your cath procedure.

- After hours, on weekends and on holidays, please call 614-722-2000 and ask for the cardiology fellow on call.