



# Post-procedure Care for Cardiac Patients



**NATIONWIDE  
CHILDREN'S®**

*When your child needs a hospital, everything matters.*

## The Heart Center at Nationwide Children's

Children with congenital heart disease may undergo numerous procedures throughout their lives. At The Heart Center at Nationwide Children's Hospital, our goal is to discharge the patient home as soon as possible and then to work with the primary care physician to support the best possible patient outcomes.

After any procedure in which the skin's barrier is breached, we instruct patients, families and the medical team to look out for signs of infection. In this document, we highlight some key post-procedure instructions for common procedures performed in children with CHD. Detailed instructions are also given to families at the time of discharge. Additionally, we provide contact information so that we can be easily reached if there is a question or concern.

### Electrophysiology Study

Electrophysiology (EP) studies involve a catheterization procedure. Wound care for catheterizations and EP studies are similar. In the case of EP, the wound was closed using either the holding pressure method or perclose method. It is normal for the patient to have some soreness and bruising at the wound site. Bruising may last up to two weeks.

#### Catheterization site care:

- The site should be kept dry and clean. Showers are permitted, but baths, swimming pools and hot tubs are prohibited.
- Band-aids may be removed after 24 hours. The site can be left open to the air.

Activity: Rough or strenuous activity is to be avoided for seven days after the procedure.

Medications: Resume all home medications. Some patients may take 81 mg aspirin by mouth daily for six weeks.

### Pacemaker Device

Patients who have undergone a procedure for a pacemaker will have a wound closed with steri-strips. They will fall off on their own within one to two weeks. Patients should not get the site wet or shower for 48 hours. Baths are fine. Additionally, the patient should not lift his or her left arm above shoulder height or wear straps across the device (backpack, seatbelt, etc.) for six weeks.

***The patient should email a picture of the incision to [tami.ackley@nationwidechildrens.org](mailto:tami.ackley@nationwidechildrens.org) one week post-procedure.***

Medications: Antibiotics will be given for 48 hours post-procedure. Acetaminophen or Roxicodone can be given as needed for pain control.

### Cardiac Catheterization

At the end of the procedure, one of the following methods was used to stop the bleeding from the catheterization site: holding pressure, hem-con patch, perclose, safe-guard dressing. Soreness and bruising at the catheterization site is normal. Soreness may last up to a week, bruising may last two weeks. A hematoma under the skin may last up to six 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. Your child may take a shower or sponge bath 24 hours after the procedure.

### Surgery

The surgical incision will be closed using either Dermabond or Aquacel AG. If Dermabond is used, the wound should be washed daily with soap and warm water. If Dermabond is present 14 days later, it should be removed and the wound should be left open to air. If Aquacel AG is used, the dressings

should be changed 7 days after the procedure. Showers are permitted, but no swimming or immersion in water for two to three weeks or until all incisional scabs have fallen off. Hot tubs and saunas should be avoided for six weeks.

## Contacting The Heart Center Cardiologists

If at any point you have a question or concern and would like to speak with someone on our team, please contact us. We are here to help as partners in care.

Specific phone numbers are listed for each procedure. For general questions, please contact our Physician Direct Connect line at **614-355-0221**.

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### Call The Heart Center in the case of the following:

- Fever greater than 101
- Drainage, bleeding or oozing wound
- Pain at the catheterization site not relieved by acetaminophen
- A new lump, redness, swelling or warmth develops at the site
- One sided numbness or tingling, difficulty speaking or vision changes

**Normal business hours: 614-722-2530**

**After Hours and Weekends: 614-722-2000**

*(ask for the cardiologist on call)*

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### Call The Heart Center in the case of the following:

- Fever greater than 101
- Drainage or bleeding from pacemaker site

**Normal business hours: 614-722-0494**

**After Hours and Weekends: 614-722-2000**

*(ask for the cardiologist on call)*

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### Call The Heart Center in the case of the following:

- Temperature greater than 101 for 24 hours
- Bleeding or oozing of blood from the catheterization site
- Increased swelling or a new lump develops at the site
- Pain, numbness, tingling, coolness, loss of sensation or change in color or temperature in the leg
- Redness, swelling, drainage or warmth at the site
- Chest pain, especially after devices are placed within the heart (i.e., ASD or PFO)

**Normal business hours: 614-722-2530**

**After Hours and Weekends: 614-722-2000**

*(ask for the cardiology fellow on call)*

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### Call The Heart Center in the case of the following:

Email to: [CTSNP@Nationwide Childrens Hospital.org](mailto:CTSNP@NationwideChildrensHospital.org)

- Increased redness, swelling, drainage or pain
- Temperature greater than 100.8

**Normal business hours: 614-722-2530**

**After Hours and Weekends: 614-722-2000**

*(ask for the cardiology fellow on call)*

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## Referrals and Consultations

Online: [NationwideChildrens.org/Heart](https://www.NationwideChildrens.org/Heart)

Phone: (614) 722-6200 or (877) 722-6220 | Fax: (614) 722-4000

Physician Direct Connect Line for 24-hour urgent physician consultations:  
(614) 355-0221 or (877) 355-0221.

