



Post-op instructions following atrial flutter and supraventricular tachycardia ablation procedure

WE ARE PROVIDING YOU WITH INSTRUCTIONS TO HELP ANSWER ANY QUESTIONS THAT YOU MIGHT HAVE BEFORE WE SEE YOU IN FOLLOW UP. IT IS IMPORTANT THAT YOU READ THE INFORMATION BELOW.

- In the first two days post-ablation, you should take it easy: no heavy lifting (greater than 10-20 lbs.) and no heavy exertion. After the first 2 to 3 days, you can increase your activity, but you should continue to rest. You should not do any strenuous activity for at least 1 week. You may return to work in a few days with only light duties, but it is preferable to take a week off to recover.
- You may have some bruising and soreness at the groin sites. This commonly occurs 1-2 days after the procedure and may last for 1-3 weeks. The bruising may extend down the leg, and you may have up to a quarter-sized bump in this area as well. This is normal, but if there is swelling and a significant amount of pain at the site, please contact Dr. Naseem or Dr. Owens.
- You may have some minor chest pain or discomfort for about a week following the procedure. The pain will often worsen with a deep breath and may improve with leaning forward. This is pericardial chest pain (or an inflammation around the heart lining) from the ablation and is generally not of concern. You may take an over-the-counter anti-inflammatory such as ibuprofen (Advil) or naproxen (Aleve). Pain that worsens over multiple days or is associated with trouble breathing should prompt a call to the office.
- If you develop a fever above 100 degrees, sweats, weakness, or painful swallowing anytime within the first 4 weeks post-ablation, you need to contact Dr. Naseem or Dr. Owens.
- Medications:
 - ✓ Continue taking the anti-coagulation medication you were prescribed and have your Coumadin level checked no more than 1 week after the procedure.
 - ✓ Anti-arrhythmic medications will often be started or continued after the ablation to help the heart stay in normal rhythm. It is important you continue taking this medication, if prescribed.
- It's to be expected to be tired, with some chest discomfort for a day or two after the procedure. It is also common to experience heart palpitations after any heart procedure. Symptoms will subside once your heart heals, generally within three months.
- Please be sure to make a follow-up appointment to see Dr. Naseem or Dr. Owens 1 week after the procedure. We will see you in follow up routinely thereafter.