

# CATH LAB

## POST PROCEDURE WRIST CARE

### PATIENT INFORMATION



The following information is to assist you with any queries you may have following an coronary angiogram, ballooning / angioplasty or stent insertion through the wrist.

Please read this information brochure prior to your discharge home and do not hesitate to speak with a staff member if you have further questions or concerns.

Following your procedure, should you have any concerns, ring your local GP during office hours or contact Hurstville Private Hospital Coronary Care Unit;  
T: 02 9579 7733 or 02 9579 7739

Hurstville Private Hospital  
37 Gloucester Road, Hurstville NSW 2220  
P. 02 9579 7733  
hurstvilleprivatehospital@healthcare.com.au  
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Private Hospital

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Every minute counts!  
Don't ignore the warning signs.

**If dialing 000 does not work on your mobile, try dialling 112**

## What do I do if I have chest pain?

As soon as you have chest pain: Stop and Rest.

### If rest does not bring relief take a dose of angina medication;

- Tablet: place the tablet under your tongue, DO NOT SWALLOW. If pain goes away, spit out what is left, or
- Spray: give one spray under the tongue.

Make sure you are sitting or lying down before using your spray or tablet. You may get dizzy. Find the smallest dose that works for you.

If the pain is not relieved within 5 minutes take another dose of angina medication.

### IF THE PAIN.....

Does not go away after 10 minutes of onset after rest and medication, or gets worse, call triple zero 000 and ask for an Ambulance;

- DO NOT hang up
- WAIT for advice from the 000 operator

It may be an attack. Getting to hospital quickly can reduce the damage to your heart and increase your chance of survival.

## Do I need to check the wrist site?

You need to check the puncture site with staff, this will help you to identify any future changes.

- check the site at least once a day, or if you notice any difference in how you feel
- feel gently over the site, a small lump is normal
- gently remove the dressing after your first shower
- any bruising or lump will disappear in a few weeks as healing occurs

## For 3-4 days following your procedure

- Avoid flexing your wrist and repetitive activities, such as typing or knitting
- Do not lift anything heavier than 2kg
- Do not engage in strenuous exercise
- Do not drive for;
  - 24 hours after a angiogram
  - 48 hours after a stent
  - 2 weeks after a heart attack (RTA guidelines)

## What should I do if bleeding occurs?

- Apply direct firm pressure over the site until the bleeding stops
- When the bleeding has stopped, have a friend or relative drive you to your local doctor for review
- If you are unable to stop the bleeding, maintain the pressure and call an Ambulance by dialling 000

## General considerations

- Discuss any specific activity / employment requirements with staff before discharge
- All patients should follow-up with their local doctor after discharge
- Make an appointment to see your cardiologist within six weeks, unless informed otherwise

## Reasons I may need to contact my local doctor

- If a large hard area or lump appears at the site
- If bruising is very large or expanding
- If you experience increased swelling, throbbing and/or pain at the site
- If you notice the site is red, swollen and/or discharge is present

