Home Care Instructions for Adult Patient Following a Heart Cath/Angioplasty with TR (Terumo) Band

This information is to help answer some of the questions you may have and to give you instructions to follow. If you have any questions, please ask your doctor or nurse.

Activity
1. Resume normal activities as tolerated after 24 hours.
2. You may shower after 24 hours. Do not soak wrist for three days.
3. No lifting more than three to five pounds with affected wrist for seven days.
4. Do not strenuously flex the wrist for 24 hours.

Site care
1. Remove Tegaderm dressing after 24 hours.
2. Leave puncture site open to air after 24 hours post procedure. If you experience minor oozing, apply a Band-Aid and remove after 12 hours.
3. For immediate bleeding, hold pressure against puncture site and finger against back of wrist with clean rag and call 911 for immediate help. Keep pressure on site until help is obtained.

Medications
Take all medications as prescribed. Do not stop taking the medications without talking to your doctor.

Risk factor Modification
Begin now to make lifestyle changes to improve your health. You have identified your risk factors for heart disease. These may include smoking, high blood pressure, lack of exercise and being overweight. Follow the guidelines given to you during your stay for modifying these risks. Be realistic when setting goals. Do not expect to change everything all at once.

What to do if you have chest pain (angina)
Stop activity and rest. Sit or lie down. If pain continues, call 911.
Place one Nitroglycerin tablet under the tongue. If the pain is not gone after 5 minutes, repeat with a second tablet. If the pain is not gone after an additional 5 minutes, repeat with a third tablet. If pain is not gone after 15 minutes and 3 Nitroglycerin tablets, CALL 911, or if an Emergency Medical System is not available, ask someone to drive you to the nearest Emergency Room.
If you are not allergic to Aspirin and you are not currently on Aspirin, you may chew one adult strength (325 mg) tablet or chew two baby aspirin (81 mgs) tablets.

**Warning Signals for Action**
Your body has certain warning signals that need your urgent attention. If you notice any of the following warning signals, call your doctor immediately.

1. Chest pain that is getting worse, lasts longer than usual or happens when resting.
2. Fever, chills, redness or drainage from the catheterization site.
3. Numbness, tingling or severe pain in the arm or leg used for the procedure.
4. Heavy bleeding or sudden swelling at the catheterization site. If this should happen, lie flat and apply firm pressure to the site with your hand. If the bleeding does not stop immediately, call 911.

**Follow Up Care**
If at anytime, you need to talk with your doctor at the MCGHealth System Medical Center call 706-721-2426. You may also call 706-721-1472, the CIU (Cardiac Interventional Unit) for any concerns regarding your cath recovery.

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