

Ablation: Discharge Instructions

1. In the first two days post-ablation you should take it easy. No heavy lifting or heavy exertion
2. Your groin will generally have two access site points. Some minor bruising is common at each site with minor soreness as if you had banged the area. Bruising may occasionally be seen to extend down the leg. This is normal as is an occasional small quarter sized bump in the area. If larger swelling or more significant pain occurs at the area, please contact the office
3. You may have some minor chest pain for the next week or so. The pain will often worsen with a deep breath or when leaning forward. This is pericardial chest pain from the ablation and is generally not of concern. It should resolve within a week although it might increase for a day or so after the ablation.
4. If you develop unexplained fevers exceeding 100 degrees anytime within the first 3 weeks post-ablation, you need to contact the office. Low grade fevers of around 99 degrees are common in the first day or so post- ablation.
5. It is very common to have palpitations after the ablation. These “palpitations” usually are described as “feeling different” than the ablated arrhythmia. This sensation generally resolves in 2-3 weeks. Occasionally a follow up event recorder will be needed.
6. Follow up should be within one months time.