

# Orion Heart and Vascular Surgery Center

## Post-Procedure Cardioversion Instruction and Education

### Procedure Summary

You underwent an electrical cardioversion today to restore your heart to a normal rhythm. This procedure was done under sedation and involved the use of controlled electrical energy to correct an abnormal heart rhythm such as atrial fibrillation or atrial flutter.

### What to Expect After the Procedure

- ◇ Drowsiness and Fatigue: You may feel sleepy or tired for the rest of the day due to sedation.
- Skin Redness or Tenderness: Mild redness or discomfort may be present where the electrode patches were applied.
- Mild Chest Soreness: Some patients experience soreness or muscle aches in the chest for 1–2 days.
- Heart Monitoring: You may feel changes in your heart rhythm as your heart adjusts to its new rhythm.

### Discharge Instructions

#### Activity

- ◇ Do NOT drive, operate machinery, or make important decisions for at least 24 hours after sedation.
- ◇ Rest for the remainder of the day.
- ◇ You may resume normal activities tomorrow, unless otherwise instructed by your physician.

#### Wound Care / Skin Site

- ◇ Keep electrode site clean and dry.
- ◇ If redness, blistering, or persistent discomfort develops, notify your provider.

#### Medications

- ◇ Take all medications as prescribed.
- ◇ Do not stop blood thinners (e.g., Eliquis, Xarelto, Warfarin) unless otherwise instructed by your physician.
- ◇ If any changes were made to your medication, a separate medication list and instructions will be provided.

#### Diet

- ◇ Resume your regular diet unless otherwise directed.

#### Follow-Up

- A follow-up appointment with your cardiologist should be scheduled within 1–2 weeks

#### When to Call Your Doctor or Seek Medical Attention

Contact your provider or go to the nearest emergency room if you experience any of the following:

- ◇ Chest pain or tightness
- ◇ Shortness of breath or trouble breathing
- ◇ Irregular or rapid heartbeat
- ◇ Dizziness, fainting, or feeling lightheaded
- ◇ Signs of infection at the skin site (redness, swelling, drainage, increasing pain)
- ◆ Severe skin burns or blistering from pads



## Post Cardioversion Discharge Instructions

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Patient Sticker