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POST ABLATION PATIENT INSTRUCTIONS

1. Patient must resume (Eliquis, Xarelto, Pradaxa, Warfarin) the day after procedure and continue this medication for up to 3 months post procedure or as directed by your physician.
2. If anti-arrhythmic medication is resumed after ablation, more than likely it will be continued for 3-6 months post ablation. This is specifically directed by your physician.
3. Patient is to continue all medications as directed until instructed by physician to stop.
4. Patient should rest the day after ablation but can resume normal activity two days after ablation. **DO NOT** do any strenuous exercise, climbing, stooping, squatting, or lifting more than 10 pounds for 1 week after procedure.
5. Patient should remove bandages on groin(s) 24 hours after procedure and may shower. **DO NOT** submerge your body in any water until both groins are completely healed which is usually around 7 days. **This is to prevent infection.**
6. Patient may experience chest tightness, fullness, aching, soreness and shortness of breath after procedure. This is normal. Pt. can take Ibuprofen or Aleve for 3-4 days which should help. This should help with the discomfort.
Some groin bruising is normal.
7. If you start experiencing any severe symptoms of chest pain, shortness of breath, running a fever (101degree F or greater), pain, swelling, redness, drainage or bleeding in groin(s) please call the office or go to the ER.

FOLLOW-UP:

8. If you did not receive an appointment prior to your procedure, please call the office to make a 2-4 week post-op appt. with your doctor, after discharge from the hospital.
9. For questions or concerns: If your call is not an emergency, please contact our office or send a message through UTH My Chart. On weekends or after hours, you can still reach us through the office operator. **For emergencies, please contact 911.**