



## **Discharge Information Atrial Fibrillation Ablation**

This information is provided to ensure that your transition from hospital to home is as smooth as possible.

- Rest for 1 week after discharge – avoid heavy lifting.
- Some mild chest pain or feelings of tightness in the chest is to be expected after the procedure but this should settle after 2-3 weeks. Please notify your cardiologist if the pain is severe or if it is worsening after 1 week.
- You may also experience atrial fibrillation. This can occur up to 3 months after the ablation and does not necessarily indicate that the procedure has failed. If you experience atrial fibrillation and the symptoms are distressing you, please notify your cardiologist.
- You can remove the groin dressing the following morning after the procedure. It is normal for the right groin to appear extensively bruised. This should not be painful. Also, a small 'pea' sized lump is often felt under the skin and is not of concern (this is due to a blood clot). Any severe groin pain is of concern, and you should contact your cardiologist urgently.
- In most cases, your cardiologist will prescribe Pradaxa (dabigatran), Xarelto (rivaroxaban) or Eliquis (apixaban). You should not stop this drug until instructed to do so by your cardiologist.
- Please make an appointment to see your cardiologist in 6 weeks with a holter monitor.
- If you experience any of the following symptoms:
  - Severe chest pain
  - Increased swelling around the wound
  - Excessive bleeding (anything more than a slight ooze)
  - A change in sensation or feeling in your leg
  - Fevers or severe pain when swallowing

Rest quietly and contact your cardiologist on (07) 5598 0322 for assistance and advice. If after hours, present to the emergency department of the hospital where you had your procedure.