

# Discharge Advice For Patients Following Coronary Angiography

## Femoral Approach

### What happened during this procedure?

During your coronary angiogram a small hole was made in the artery in the groin, which seals itself after the catheter is taken out.

### Will my wound hurt?

It is normal for your groin to feel tender for a few days after your procedure.

A bruise may develop, and extend as far down as your knee. It is usually blue/purple in colour. This is not a cause for concern.

If an Angio-seal device has been used to plug the puncture site you may feel a pea-sized lump in your groin. This is normal.

If you have an Angio-seal card keep it with you for the next 90 days. If you come to hospital it will be very useful.

### How should I look after my wound at home?

- Avoid hot showers for 24 hours and hot baths for three days (hot water encourages bleeding).
- You may remove the dressing 24 hours after the procedure. Cover the site with a plaster until the skin heals in about four days. If a Clo-sur dressing was used you may need some water to help remove the spongy part of the dressing.
- Do not lift any heavy objects or do anything that exerts pressure on your abdominal muscles for up to two days.
- Stay off work for two to three days. If you

have a manual job we would advise you to take a week off.

- Do not drive for 24 hours or until the bruise is less tender

### What should I look out for?

Please contact us if:

- You observe any signs of infection. This may be a hard, tender swelling around the incision with redness and an increase in pain.
- If a lump develops under the skin of your groin that is larger than pea-sized

It is highly unlikely that your wound will start to bleed, but if it does lie down flat and get a family member or friend to apply pressure on and above the bleeding area. The pressure should be applied for 10 minutes without peeping. This is the time a clot will take to form. If you release the pressure before 10 minutes the clot is unlikely to form. If the bleeding does not stop after 10 minutes continue to apply pressure and call an ambulance immediately.

### What happens next?

A detailed report will be sent to your GP which will be copied to you.

Should the Doctor need to see you again in the outpatients clinic an appointment will be sent to you by post.

Please help yourself to any of the information booklets available on the day case unit.

Feel free to chat to your nurse about any concerns you may have or any health education you feel you may benefit from.

## Contact details for the Cardiac Care Unit

**If you have any concerns about your groin or any concerns about your cardiac procedure during your first week at home, please contact us.**

Telephone number: 01273 696955, extension 4484. You can call this number at any time.

For more general concerns please speak to your GP.

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### Disclaimer

The information in this leaflet is for guidance purposes only and is in no way intended to replace professional clinical advice by a qualified practitioner.

Ref number: 1072

Publication Date: June 2020    Review Date: June 2023

