



After Your Heart Catheterization with Transradial (Wrist) Approach

Self-care after your test

You had a heart catheterization test today through an artery in your wrist. This handout gives care instructions for you to follow for the next few days.

Activity

For 24 hours:	• Do not drive.
For 2 days:	• Do not lift more than 1 pound with the affected arm (a can of beans weighs about 1 pound). • Avoid moving your wrist.
For 5 days:	• Avoid vigorous exercise that uses the affected arm.

Pain

- You will most likely be sore for 1 to 2 days at the puncture site where the catheter was inserted. You may take acetaminophen (Tylenol) to relieve pain. Follow the dose instructions on the package.
- If your doctor prescribed aspirin for your heart, you may take it as usual. But do **not** take extra aspirin for pain control.
- For 5 days, do **not** take anti-inflammatories such as ibuprofen (Advil, Motrin) or naproxen (Aleve, Naprosyn). They may cause bleeding.
- If your pain at the puncture site is not eased by acetaminophen, call 206.598.6190 and ask for the Cardiology I Fellow on call to be paged.

Puncture Site Care

- You may remove the dressing (bandage) the day after your test.
- Keep the site clean and dry. Gently clean the site with mild soap and water. Do not scrub or rub the area. Pat dry with a clean towel.
- It is normal to have a small bruise or lump at the site.



The day after your test, gently clean the puncture site with mild soap and water.

- For 3 days, do **not** let the puncture site be covered by water for 3 days. This means do not take a bath, sit in a hot tub, or go swimming.
- You may shower the day after your procedure.
- Check the site every day for signs of infection. (See “Other Concerns” below).

When to Call for Help

If you have sudden or heavy bleeding or a large amount of swelling at the puncture site, apply firm pressure to the site and call 911.

Bleeding

If you have bleeding at the puncture site, apply firm pressure to the site with fingers or the palm of your hand for 10 minutes.

- If the bleeding or swelling cannot be controlled, call 911 right away. Keep applying firm pressure over the site until help arrives.
- If the bleeding stops, sit quietly for 2 hours, with the affected wrist straight and raised above your heart level. For further instructions, call 206.598.6190 and ask for the Cardiology I Fellow on call to be paged.

Other Concerns

Call 206.598.6190 and ask for the Cardiology I Fellow on call to be paged if you have:

- **Severe pain at the puncture site** that is not relieved by Tylenol.
- Any of these signs of infection:
 - Redness around the puncture site
 - Fever higher than 101.5°F (38.6°C)
 - Drainage from the puncture site
 - Change in the bruise or lump at the puncture site
 - Numbness in your affected arm or wrist

Follow-up Care

- Keep taking your prescribed medicines unless instructed otherwise by your doctor.
- If you have questions or concerns about your test, call the Interventional Cardiac Recovery Unit (ICRU) at 206.598.7146, weekdays from 6:30 a.m. to 8 p.m.
- Follow up with your primary care provider after your test, as instructed.

Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns. UWMC clinic staff are also available to help.

For test-related questions, call the ICRU at 206.598.7146 weekdays from 6:30 a.m. to 8 p.m., and ask to talk with a nurse.

For urgent test-related concerns, or after hours and on weekends and holidays, call 206.598.6190 and ask for the Cardiology I Fellow on call to be paged.