After Your Angiogram with Transradial (Wrist) Approach

Self-care after your procedure

You had an angiogram 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 15 oz. can of beans weighs about 1 pound).  |
|              | • Avoid moving your wrist. |
| For 5 days:   | • Avoid vigorous exercise that uses the affected arm. |

**Pain Control**

- 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 primary care provider (PCP) prescribed aspirin for you, 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.

**Puncture Site Care**

- You may remove the dressing (bandage) the day after your procedure.

- Keep the puncture site clean and dry. **Gently** clean the site with mild soap and running water. Do **not** scrub or rub the area. Pat dry with a clean towel.

- You may shower the day after your procedure.

*After you recover from your angiogram, you should have greater comfort and mobility.*
- For 3 days, do **not** let the puncture site be covered by water. This means do no take a bath, sit in a hot tub, or go swimming.
- It is normal to have a small bruise or lump at the site.
- Check the site every day for signs of infection. (See “Other Concerns” below).

**When to Call for Help**

<table>
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<tr>
<th>If you have sudden or heavy bleeding or a lot of swelling at the puncture site:</th>
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<td><strong>Apply firm pressure to the site.</strong></td>
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<tr>
<td><strong>Call 911 right away.</strong></td>
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**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 you cannot control the bleeding or swelling, **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 next steps, call 206.744.3000 and ask for the Neuroradiology Fellow on call to be paged.

**Other Concerns**

Call 206.744.8088 to speak with an Ambulatory Procedure Nurse if you have:

- **Severe pain at the puncture site** that is not relieved by Tylenol.
- Any 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 your surgeon tells you otherwise.
- Follow up with your PCP after your procedure, as instructed.