

Self-care After Your Heart Procedure

Medicines, when to call, and daily log

This handout explains self-care at home for patients who have had a heart procedure.

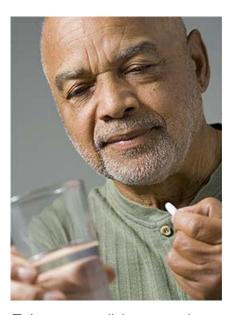
Medicines

- For 1 year, you must take both of these every day:
 - An *anticoagulant* (bloodthinning medicine)
 - Aspirin
- After 1 year, you will keep taking daily aspirin for the rest of your life.

When to Call

In the first 30 days after your procedure, call to talk with a nurse or doctor if you:

- Have chest pain
- Cannot eat or drink well
- Gain 3 to 5 pounds in only 1 to 2 days
- Have more swelling in your ankles
- Have more trouble breathing, or need to use more pillows to breathe while sleeping
- · Have a new cough
- Have a pulse higher than 100 beats per minute or lower than 55 beats per minute
- Have heart palpitations
- Have blood pressure lower than 100 or higher than 160
- Have changes in your puncture site:
 - Pain gets worse
 - Sudden, firm swelling (about the size of a golf ball)



Take your medicines exactly as prescribed.

- Warmth
- Oozing
- Bruising that moves *upward* (it's normal for bruising to be pulled downward by gravity)
- Have any questions or concerns

Who to Call

To talk with a nurse or doctor:

- Weekdays from 8:30 a.m. to 5 p.m., call the Heart Institute at **206.598.4300** and press 2 when you hear the recording
- After hours or on a weekend or holiday, call **206.598.6190** and ask to page the doctor on call for your interventional cardiologist.

Urgent Care

Call 911 right away if you have any of these symptoms:

- Severe or sudden shortness of breath
- Chest pain that is not eased by rest or *nitroglycerine*
- New confusion, or you cannot think clearly
- Severe dizzy spells or you have fainted
- Sudden, severe bleeding or swelling at your puncture site

Daily Log

Use the table on the next page to:

- Record your blood pressure and heart rate 2 times a day. Do this:
 - Before you take your morning medicines
 AND
 - 6 hours after taking your blood pressure medicine
- Check your weight:
 - At the same time every day
 - Wearing the same amount of clothes every time

We suggest you weigh yourself every morning after you first wake up, without any clothing.

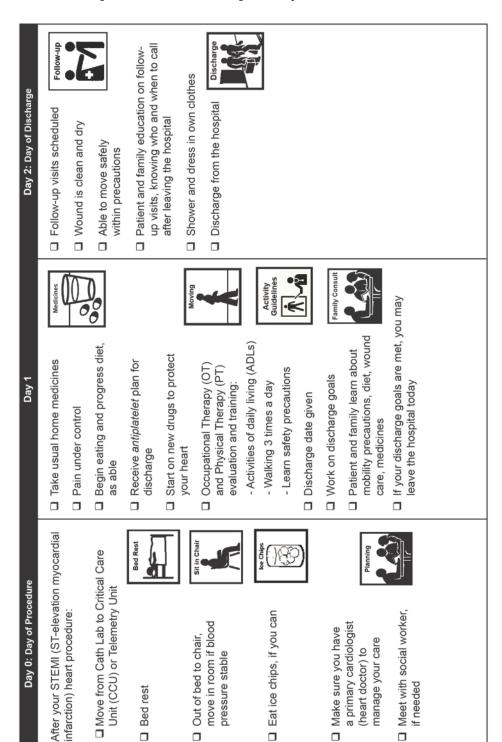
• Also write down how your puncture site looks each day. It may be bruised and sore for 1 week or longer.

Bring this log with you to your first follow-up visit.

Date	Time	Weight	Temperature	Blood Pressure	Heart Rate	Puncture Site	Notes
Procedure day							

Sample CareMap

This chart, called a "CareMap," shows our usual care plan in the days after a heart procedure. Your care plan may differ.



Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

Heart Institute at UWMC:

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After hours or on weekends or holidays, call 206.598.6190 and ask to page the Cardiologist on call.