



Patient & Family Guide

2022

Going Home After an Interventional Radiology Procedure with Radial Approach



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Going Home After an Interventional Radiology Procedure with Radial Approach

- **Do not** do forceful movements with your hand or arm for **24 hours** (1 day), like using your hand and arm to support your weight when getting up from a chair or bed.
- **Do not** put pressure on the puncture site. It may help to treat your affected arm like it is broken.

24 hours after your procedure:

- You may shower on the day after your procedure, but **do not soak in a bath, pool, or hot tub**.
- **Before** showering, take off the clear bandage covering the puncture site. You can throw the clear bandage away.
- **After** showering, pat the site dry gently and then cover the site with a Band-Aid®. You may remove the Band-Aid® in **24 hours (which will be 48 hours [2 days] after your procedure)** and then leave the site open to air.

- Expect some mild tingling in the hand of your affected arm and mild soreness at the puncture site for **up to 3 days**. Your surgeon may recommend acetaminophen (Tylenol®) for this discomfort.

- If the mild tingling continues **after 3 days** or if you have new numbness and tingling, call your primary health care provider (family doctor or nurse practitioner).
- **Call your primary health care provider right away if you suddenly experience severe (very bad) pain. If you do not have a primary health care provider, call 811 or go to the nearest walk-in clinic.**

For 2 days after your procedure:

- **Do not** operate a motor vehicle, tractor, lawnmower or other large machines, motorcycle, or an all-terrain vehicle (ATV).
- **Do not** lift anything heavier than **1 pound** with your affected arm.
- Keep the wrist of your affected arm straight. Avoid extra wrist movements like bending or flexing.
- **Do not** soak in a bath or go in a swimming pool.

For 3 days after your procedure:

- Avoid lifting anything heavier than **5 pounds** with your affected arm.

For 5 days after your procedure:

- **Do not** do any heavy exercise (like tennis, football, or baseball) using your affected arm.
- If you have bleeding at the puncture site while **in the hospital**, apply firm pressure to the site and call your nurse.
- If you have bleeding **after you leave the hospital**, sit down and apply firm pressure to the site with your fingers for **10 minutes**. If the bleeding stops, keep sitting still with your wrist straight for **2 hours**. Call your primary health care provider as soon as possible. If you do not have a primary health care provider, call 811 or go to the nearest walk-in clinic.

If the bleeding does not stop after 10 minutes, or if there is a large amount of bleeding or spurting, call 911 right away. Do not drive yourself to the hospital.

Looking for more health information?

Find this pamphlet and all our patient resources here: <https://library.nshealth.ca/PatientEducation>

Contact your local public library for books, videos, magazines, and other resources.

For more information, go to <http://library.novascotia.ca>

Connect with a registered nurse in Nova Scotia any time: call 811 or visit <https://811.novascotia.ca>

Learn about other programs and services in your community: call 211 or visit <http://ns.211.ca>

Nova Scotia Health promotes a smoke-free, vape-free, and scent-free environment.

Please do not use perfumed products. Thank you!

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The information is not intended to be and does not constitute health care or medical advice.

If you have any questions, please ask your health care provider.

WG85-1776 © October 2022 Nova Scotia Health Authority

The information in this pamphlet is to be updated every 3 years or as needed.