Going Home After Your Coronary Intervention (Balloon or Stent Procedure)
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(Balloon or Stent Coronary intervention)

Discharge from hospital
- Your healthcare team will let you know an estimated discharge date.
- If you were transferred from your home hospital for your coronary intervention, you may be transferred back the following morning.

Outpatients:
- You may be discharged the evening of your coronary intervention, or in the early morning (6:30 a.m.) the next day.
- If you are discharged the same day as your coronary intervention, your nurse will let you know when you can expect to leave the hospital.
- A responsible adult must come directly to the nursing unit to pick you up and then stay with you until the morning after your coronary intervention.
- You are expected to stay within 50 km of Halifax or Dartmouth until the morning after your coronary intervention.
If home is close, you can stay there, or with family or friends, or at Point Pleasant Lodge.

When can I take a bath?

- Do not take a bath or swim in a pool for 2 days.
- You can shower the morning after your coronary intervention. Try to keep the bandage/Band-Aid® dry.
- Do not point the shower stream at the puncture site (spot on your body where dye was put in).

When can I take off the bandage/Band-Aid®?

- Take off the Band-Aid® the day after your coronary intervention.
- Take off the transparent dressing (if you have a puncture site in the wrist) the day after your coronary intervention. You may replace it with a Band-Aid®.
- If the puncture site has not healed, put on a new Band-Aid®.
Care after sedation

- Sedation is treatment given to relax you and to lessen pain during a coronary intervention.
- After sedation medication, you may be drowsy and may not remember parts of your coronary intervention.
- The effects of sedation should not last for more than 24 hours (1 day).
- **Do not make any important decisions** in the 24 hours after you receive sedation.
- **Do not sign legal documents** or make large purchases in the 24 hours after you receive sedation.
- **Avoid alcohol** for 24 hours after you receive sedation.
- **Do not drive** for 24 hours after you receive sedation.

When may I drive my car?

**Outpatients:** You may return to driving 48 hours after your coronary intervention.

**Inpatients:** Returning to driving is dependent on your reason for admission to hospital. Your cardiologist will tell you when you can return to driving. It will not be based on the timeline of your coronary intervention.
Medications
Some of your medications may be reduced or stopped after your coronary intervention. Your doctor will talk about this with you before you go home.

Instructions for puncture site in upper leg/groin

To prevent bleeding:
• Apply gentle pressure to the puncture site when you laugh, cough, sneeze, urinate (pee), or move your bowels (poop) for the next 2 days.
• Blood can flow from the puncture site (bleeding) or stay under the skin in the form of a firm “lump” ranging in size from a “walnut” to a “golf ball” or larger.
• If you notice bleeding or a growing lump while you are in the hospital, apply firm pressure with your hand to the site, return to bed and ring for the nurse.
• If bleeding or a lump under the skin happens after you are discharged, lie on your back and apply pressure until the bleeding stops or the lump gets smaller. Someone may need to help you with this.
• Apply pressure with your hand about ½ inch above the puncture site.
• If a lump does not soften after 5 minutes of pressure, your family doctor should check it the next day.
• If you are unable to stop the bleeding or the lump continues to get larger, call 911 to take you to the nearest emergency room.

General precautions (upper leg/groin puncture site):
• You may shower the morning after your coronary intervention. Do not point the water right at the puncture site.
• Do not take a tub bath, swim in a pool, sit in a sauna, or soak in a hot tub for 2 days after your coronary intervention.
• You can take the Band-Aid® off 24 hours after your coronary intervention.
• Avoid bending, squatting and heavy lifting for at least 2 days.
• Do not play any rough sports such as tennis or go jogging for 2 days after your coronary intervention.
• Climb stairs slowly and do not walk fast for the first 2 days after your coronary intervention.
Instructions for puncture site in wrist

• Remove the transparent dressing 24 hours (1 day) after it was put on, and replace with a small Band-Aid®.

• If bleeding starts after you go home:
  › Sit down and apply firm pressure to the site with your fingers for 10 minutes.
  › If the bleeding stops, sit quietly with your wrist straight for 2 hours. Tell your doctor as soon as possible.
  › If the bleeding does not stop after 10 minutes of pressure or if there is a large amount of bleeding or spurting, call 911 immediately. Do not drive yourself to the hospital.

• Expect mild tingling and tenderness of your hand and fingers for up to 3 days.

• Contact your doctor immediately if you develop severe pain in your hand.

General precautions (wrist puncture site):
• You may shower the morning after your coronary intervention.
• Do not direct the shower stream at the puncture area.
• Do not take a tub bath, swim in a pool, sit in a sauna, or soak in a hot tub for 48 hours after your coronary intervention.

• For **24 hours (1 day)** after your coronary intervention:
  › Do not put any direct pressure on the wrist used for your coronary intervention. For example, do not push yourself up out of a chair or bed with this arm.

• For **48 hours (2 days)** after your coronary intervention:
  › Do not operate a tractor, lawn mower, motorcycle or ATV.
  › Do not lift anything heavier than 1 pound with the wrist used for your coronary intervention.
  › Do not do any activities that require you to use or bend the wrist a lot. For example, do not golf, paint, or do housework.

• For **3 days** after your coronary intervention:
  › Do not lift anything heavier than 5 pounds with the wrist used for your coronary intervention.

• For **5 days** after your coronary intervention:
  › Do not do any vigorous exercise that uses the wrist used for your coronary intervention. For example, do not play tennis.
Call 911 to take you to the nearest emergency room if you:

- Are unable to stop bleeding at the puncture site.
- Have intense pain at the puncture site.
- Have severe chest pain or pressure.

Talk to your family doctor if you:

- Have fever or chills.
- See pus at the puncture site.
- Notice a firm lump at the puncture site that does not soften after pressure is applied for 5 minutes.

General instructions

Drinking fluids

- Drink plenty of fluids for 24 hours (1 day) to prevent dehydration from the dye used during the coronary intervention.
- Drink water, juice, or non-cola pop.
- Avoid caffeine for the first 24 hours as it can make you more dehydrated.
Follow-up visit with your cardiologist
It is important to see your cardiologist again if
told to do so. He or she may want to do tests
to make sure that the blood flow through your
artery is still good.

Exercise
• Exercise can help keep your weight down,
improve your cholesterol level, and help
prevent other arteries from clogging.
• It is suggested that you start a walking
program 2 days after your coronary
intervention.
• Now that your artery is open, this is the best
time to start exercise.
• Check with your doctor if this is OK for you.
• If your coronary intervention was done
through your wrist, there are some activities
to avoid for up to 5 days after the coronary
intervention. These are listed in the section on
‘Instructions for puncture site in wrist’ in this
pamphlet.
Lifestyle

• Your artery has been opened up during your balloon/stent coronary intervention. You want to prevent other arteries from closing by:
  › Eating a low-fat, low-sugar diet.
  › Stopping smoking.
  › Increasing your activity level if your doctor tells you it is OK to do this.
  › Limiting alcohol to 2 drinks per day (1 drink = 1 oz. hard liquor, 4 oz. wine, or 12 oz. beer).
  › Taking the medications suggested by your doctor.
  › Learning to relax.

What if I have chest pain?

• If you have severe chest pain or pressure after you leave the hospital, call an ambulance to take you to the nearest emergency department. Do not drive yourself.

• If you have chest pain that is like the pain you had before your coronary intervention, call and see your family doctor as soon as possible.
Looking for more health information? Contact your local public library for books, videos, magazines, and other resources. For more information go to http://library.novascotia.ca

*Nova Scotia Health Authority promotes a smoke-free, vape-free, and scent-free environment. Please do not use perfumed products. Thank you!*  

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