



## Discharge advice following left atrial appendage occlusion

### Returning home

When discharged home, we recommend you rest for a few days following your procedure. It is normal to experience groin tenderness for a few days after the procedure. This usually resolves but simple pain killers, such as paracetamol, can be taken to help manage this. Mild migraines, with or without visual disturbance, may occur in the first week following the procedure and they typically resolve on their own if you are drinking enough water.

### Wound care

We advise that you try to keep the wound and dressing dry and do not remove the dressing until the second day after your procedure. You can shower at this point, but you should not have a bath or put your legs in water for at least one week following the ablation. There is no need to apply any creams to the wound site. We will give you extra dressings, which you can use if required.

If your wound starts to ooze, lie down and press firmly on the wound for 10 minutes to help stop the bleeding. If the wound continues to bleed despite this, or bleeds excessively, lie down and call an ambulance immediately.

It is normal for a small pea-sized lump to develop beneath the puncture site. This will heal in four to eight weeks. If the lump gets larger, tender or there are signs of infection such as redness, swelling or heat, contact your GP or the Ambulatory Care department.

### Physical activity and lifestyle

Avoid any lifting, stretching or strenuous exercise for the one-week after the procedure as this increases pressure on the groin area, making it more likely that the wound will bleed. After two weeks we recommend resuming exercise.

### Driving and travelling

We recommend that you do not drive for four weeks following this procedure. You do not currently need to inform the DVLA of this procedure unless you drive a heavy goods vehicle (HGV), in which case you will need to fill out a VOCH1 form on the DVLA website or at your local post office. If you have a previous driving restriction in place, please inform our team. There is limited information on when airline travel is considered safe. We suggest you do not travel by air for at least four weeks.

### Returning to work

If you work, we recommend you take one to two weeks off. People recover at different rates following this procedure depending on your general health, fitness and medication taken. We can provide a sick note for your employer prior to discharge for up to 14 days. Extensions that exceed this should be reassessed and issued by your GP practitioner.

## When to seek help

If you experience severe swelling or bleeding from the wound site, severe chest pain, or profound breathlessness, please go to your nearest emergency department or call 999.

## Follow up

We will arrange to see you in a follow-up appointment as stated on your discharge letter. The details of this appointment will be sent by post or text based on your preferences.

## How to contact us

Ambulatory Care Department	0121 371 3128
Consultant secretary (via switch board)	0121 371 2000
Patient Advise and Liaison Service (PALS)	0121 371 3280

## Accessibility

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