

## After Your Balloon Pulmonary Angioplasty

This handout will give you information about what to do after your procedure. Your nurse will give you other discharge and medication guidelines as needed. If you have any questions after discharge, please contact the Cath Lab nurses at 312.926.CATH (2284) x3.

*If you have  
any questions,  
please ask  
your physician  
or nurse.*

### After the procedure

You will be on bed rest for at least 4 to 6 hours to allow the vein at the puncture site to heal. If an overnight stay is needed, you may be in the cardiac recovery unit or intensive care unit. The nurses will be in often to check your:

- Blood pressure
- Heart rate
- Groin site for bleeding or swelling

Once bedrest is over, the nurses will help you sit up and walk.

You may be able to leave the hospital at the end of the day or possibly the next morning. You will have a chest X-ray before you are discharged from the hospital.

### Going home

Before your discharge, we will help you make an appointment for your next session, as needed.

- Appointment date \_\_\_\_\_

### Medications

Review the medications listed on your After Visit Summary provided by the discharging nurse. Please make sure you understand what medications you should be taking after the procedure and how often you should be taking them. Let the nurse know if you have any questions.

If you usually take blood-thinning medication, you may resume the following:

- Blood-thinning medication \_\_\_\_\_

## Care at home

Follow these guidelines to help you recover at home.

### **Fluids**

Drink plenty of fluids over the next 48 hours unless instructed otherwise. Drinking fluids helps to clear the “dye” used during the procedure from your body.

### **Activity**

While the wound is healing, bleeding or swelling can happen due to stress or strain to the groin and abdominal muscles. Carefully follow these guidelines:

- On the day of discharge, limit your activities.
- Do not drive for the first 24 hours.
- You may shower after 24 hours, but do not take baths for 1 week.
- Climb stairs (as needed) with a slow, steady pace for the first 2 days after the procedure.

You may go back to doing your usual activities the day after discharge, including normal social activities, except:

- Do not lift objects greater than 10 pounds for the next 7 days.
- Do not do heavy physical exercise (such as tennis, running, swimming, golfing, weightlifting or bicycling) for 1 week.
- Avoid sexual activity for 1 week.

### **Wound care**

After the procedure, the care team will put a small bandage over the wound site. You may remove the bandage the day after the procedure. Do not put a new bandage or Band-Aid® over the site. Leave it open to air. Do not use lotions, ointments or powders on or near the wound site for 1 week.

### **Wound healing**

The healing wound should stay soft and dry. A bruise (black and blue) or a marble-sized lump may be present. Please tell your physician or the CCL physician if any of the following signs appear:

- Redness around the skin wound
- Drainage from the wound
- A lump at the puncture site that gets bigger is larger than a marble
- Pain at the puncture site that makes it hard to walk
- Numbness or tingling in the thigh or leg
- Calf tenderness or pain
- Swelling of the ankle or foot
- Bruising spreads with discoloration extending into the thigh, over the buttock or into the groin
- Discoloration or coolness of the leg or foot

### ***Oozing/bleeding***

If you notice bleeding from the puncture wound, please do the following:

- Immediately lie flat.
- Apply firm pressure just above the puncture site and hold firm pressure for 15 minutes. You may use a clean cloth or tissue to apply pressure. If possible, have another person apply the pressure.
- After 15 minutes, remove pressure. The wound should be dry and flat, without bleeding. You should continue to lie flat for about 1 hour before getting up and walking. Cover the wound with a Band-Aid.
- Notify your physician.

**If bleeding lasts more than 15 minutes, or swelling gets worse, go to the nearest emergency department for evaluation of the groin site.**

Notify the physician right away if you have any chest pain or shortness of breath. If you have any questions or concerns, do not hesitate to call the CCL at 312.926.CATH (2284) x3.

### **Contact information**

If you have any questions or would like more information about BPA, please call Northwestern Medicine Bluhm Cardiovascular Institute at 312.664.3278 (312.NM.HEART).