

The Prince Charles Hospital
Metro North Hospital and Health Service

Electrophysiology (EP) Laboratory



Discharge information for Radio Frequency Ablation (RFA) for Atrial Fibrillation (AF)

The Prince Charles Hospital
Rode Road
Chermside, QLD, 4032
Ph: (07) 3139 4000




- Do not drive your car home.
- Rest quietly on the day of discharge.
- Do not participate in strenuous activity for 3-5 days following your procedure. e.g. sports, lifting, mowing or housework.
- Remove the bandaid from the groin the next morning.
- It is normal to have some bruising in the groin area. This may last for a few days following the procedure.
- You may feel some discomfort or pain in the groin area after the procedure. Some simple pain relief such as paracetamol as directed can be taken to help relieve this.
- If the discomfort is persistent or there is a change in sensation in your leg or sharp pain down your leg, seek medical advice **IMMEDIATELY** from your local doctor or hospital.
- If bleeding occurs from the groin puncture site, you or someone with you should apply firm pressure to the area for 15 minutes. Lie down while the pressure is being applied. If bleeding stops, remain lying down for at least another hour.
- If bleeding continues, phone an ambulance **IMMEDIATELY**. Dial **000**.

- If a small swelling occurs at the site, apply pressure for 10 minutes.
- If the swelling does not go down after applying pressure for 10 minutes, see your local doctor or hospital.
- You may experience chest discomfort/chest pain following the procedure. Some simple pain relief such as paracetamol as directed can be taken to help relieve this.
- The discomfort should go within five to seven days. The pain may feel worse when breathing in. This is normal.
- If pain continues or worsens, seek medical advice from your local doctor or hospital.
- If you experience any difficulty swallowing (which can indicate a serious problem that can occur one to two weeks after your procedure), IMMEDIATELY contact the EP & Pacing Coordinator on (07) 3139 5243 if it is during business hours or present to your local hospital with this brochure and ask the them to:
 - Contact The Prince Charles Hospital EP Registrar on 3139 5528 during business hours
or
 - contact the Cardiology Registrar on call if it is after hours.
- If you experience shortness of breath within one to two weeks after your ablation, present to your local hospital with this brochure and have them contact :
 - The Prince Charles Hospital EP Registrar on 3139 5528 during business hours
or
 - the Cardiology Registrar on call if it is after hours.
- It is important the doctor is aware that you have recently had an ablation for atrial fibrillation.

continued overleaf





Please be aware that you may experience some atrial fibrillation for up to three months following your ablation. This does not mean the ablation has failed.

Warfarin

You will need to continue taking your Warfarin until you are reviewed at your follow up appointment, approximately three months following your ablation.

If you have any concerns or questions, please contact:

EP & Pacing Coordinator
(07) 3139 5243
Monday to Friday
8 am - 4.30 pm