



National University
Heart Centre
Singapore



Discharge Advice on Electrophysiology & Radiofrequency Ablation

How do I take care of my wound?

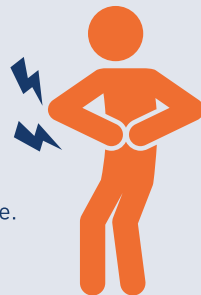


Caring for wound

- ♥ Inspects wound site(s) by looking in the mirror to check for any signs and symptoms of wound infection or bleeding.
- ♥ Always keep your wound site clean and dry, especially at affected groin(s) area.

Recognising the signs of infection:

- ♥ A sudden increase in pain over the wound site.
- ♥ Increased swelling, redness and heat felt around the wound.
- ♥ Increased amount of discharge or presence of pus-like drainage.
- ♥ Fever of more than 38°.



Recognising the signs of wound bleeding:

- ♥ Active bleeding at wound site.
- ♥ Swelling at affected groin area and/or thigh.
- ♥ Increasing size of bruise.
- ♥ Worsening pain at wound area.
- ♥ Giddiness or syncope (loss of consciousness).
- ♥ Increasing fatigue.
- ♥ Chest pain or discomfort.
- ♥ Shortness of breath.

When should I see a doctor?



Follow-up appointments

- ♥ You are recommended to attend all follow-up appointments as scheduled.
- ♥ Please call our appointment line at 6908 2222 if you did not receive your appointment details within 2-3 days after discharge.
- ♥ Please call the appointment line 5 days prior to the scheduled appointment if you are unable to attend the session.
- ♥ Do bring along your appointment card any relevant memo(s), discharge summary and test results from your doctor(s) whom you have consulted outside of NUH, if any.
- ♥ You may be expected to have an electrocardiogram performed at least 30 minutes prior to your scheduled follow-up appointment time.

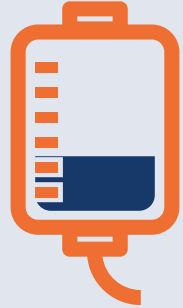


Importance of follow-up appointments with your Electrophysiology Cardiologist:

- ♥ Wound assessments and further interventions/investigations may be carried out during your follow-up appointments that are scheduled from 6-12 weeks after your procedure, to ensure maintenance of the therapeutic outcomes.

When to seek immediate medical attention?

- ♥ New, unexplained heart symptoms and/or similar signs and symptoms that you had experienced before your treatment/procedure.
- ♥ Signs and symptoms of wound infection.
- ♥ Signs and symptoms of wound bleeding.
- ♥ Worsening numbness or weakness at affected limb[s].
- ♥ Giddiness, syncope, unexplained lethargy or shortness of breath.



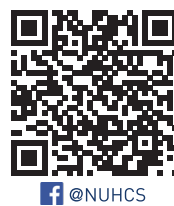
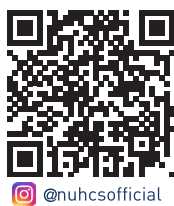
Where should I seek immediate medical attention?

- ♥ Emergency Department at the National University Hospital (NUH) or any hospital nearest to you.

Important information to note

- ♥ You can resume your daily activities within 24 hours after your procedure with few restrictions. These include:
 - Light activities for the first 2 weeks.
 - Avoid strenuous activities that may strain your wound for 1 week after the procedure. These include activities that:
 - Involve bending over 90° which may affect your wound at the groin(s) area, such as squatting.
 - Involve the use of core muscles that affect the abdominal and groin(s) area - such as sit-ups or abdominal crunches.
- ♥ When in doubt, please do not hesitate to contact us at 6908 2222.
- ♥ Further instructions:

Follow us:



National University Heart Centre, Singapore (NUHCS)

NUHCS Heart Clinic @ National University Hospital (NUH)

NUH Main Building Zone F

Opening Hours: 8.00 am - 5.30 pm (Monday - Friday)

Closed on Weekends & Public Holidays

OneNUHS Hotline: (65) 6908 2222

OneNUHS Appointments: appointment@nuhs.edu.sg

OneNUHS General Enquiries: contactus@nuhs.edu.sg

www.nuhcs.com.sg



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