

# Discharge information following EP ablation procedure

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## Cardiac Intervention Unit Patient information

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This leaflet contains all the information you require on your discharge following an EP ablation procedure.

### What to do when you get home

It is normal to feel tired for several days following an ablation procedure. You have had local anaesthetic to numb the area of your wound. This will wear off and your wound might feel a little tender or sore, but some painkillers such as paracetamol may be taken (according to instructions on/in the packet). You may eat and drink as normal and sleep in your normal position.

You have had an incision into a vein and in some cases an artery, and this gives you a high risk of bleeding which may not stop easily, particularly if you are taking anticoagulants.

### Chest pain

It is not unusual to have chest pain in the week following an AF ablation, and this usually peaks at 48 hours before starting to improve.

### Extra heart beats

It is normal to feel extra heart beats or missed heartbeats following an ablation. If an episode lasts a period of time it would be helpful if you had a heart tracing (ECG) of your heart. Your GP surgery should be able to do this. Please contact the arrhythmia nurses if you do experience palpitations.

### Bleeding

It is not unusual to experience some bruising around the groin which may last for several days. You are more at risk of bleeding if you take warfarin or other blood thinning medication. In the unlikely event of bleeding, we advise that you lie flat and apply pressure for 10 minutes. If the bleeding fails to stop dial 999 for an ambulance and continue pressing until it arrives.

## Other concerns

If you develop any of the following complaints or have any concerns please contact us for advice - the relevant telephone numbers are on the back of this leaflet:

- Persistent tenderness or swelling of the wound or limb
- Redness or warmth to the touch of the wound or limb
- Numbness/pain/pins and needles in the limb
- Leakage from the wound
- Rash on limbs or body
- Temperature/fever

## Wound care

- Avoid lifting or any strenuous activity for one week as it increases the pressure in the groin, making it more likely that the wound will bleed
- Avoid rubbing the wound site. Do not put creams, talcum powder or soap directly onto the site for up to a week after the procedure. This is to avoid irritation and reduces the likelihood of infection. You may remove the dressing after two days
- Commencing the day after your procedure, you may shower/strip wash. Avoid soaking in the bath or a pool for two days following the procedure
- You may also get some bruising which could last for several days. Bruising could go down as far as your knee and up your tummy. This is normal, providing it does not become swollen/hard or uncomfortable

## Medication

If you take warfarin, you need to continue attending weekly INR tests for the next four weeks. After this period you can reduce the frequency of your tests as your clinic advises you.

**Do not stop taking your anticoagulant medication unless you are instructed to do so. If you take anticoagulants other than warfarin such as direct oral anticoagulants (DOAC's) it is essential you do not forget to take these tablets, particularly in the first four weeks after ablation. If you take anticoagulants you are at greater risk of bleeding from the wound.**

Your discharge letter will be sent to your GP. You have been discharged with a copy of this letter and this does not need to be handed to your GP - this is for your records.

## Driving

Do not attempt to drive yourself home. Do not drive for two days following your procedure. Driving can recommence after this time providing there are no other disqualifying conditions. The DVLA do not need to be informed.

If you drive for a living or hold a Group 2 (bus/lorry) licence, please ask the arrhythmia nurses or DVLA what restrictions apply. You can access the DVLA guidelines at [www.gov.uk/driving-medical-conditions](http://www.gov.uk/driving-medical-conditions).

## Work

We recommend you take one week off work following an AF ablation.

## Our contact details

The arrhythmia nurse specialists can be contacted Monday to Friday, 9am-5pm, either by emailing **uhd.rrhythmia.nurses@nhs.net** or phoning **0300 019 6154**.

You can contact Coronary Care Unit out of hours on **0300 019 4146**.

## Other useful contact numbers

You can contact our out of hours GP service on **0845 600 1013**.

Salisbury District Hospital arrhythmia nurses:  
**01722 336 262** ext. **5120**.

Or email **sft.cardiologypifu@nhs.net** for patient initiated follow up queries.

Dorset County Hospital arrhythmia nurses:  
**01305 251 150**.

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please visit our website: **www.uhd.nhs.uk/visit/patient-information-leaflets**  
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To ask for this leaflet in larger print, please contact the patient experience team on **0300 019 8499**  
or email **uhd.patientexperienceteam@nhs.net**.

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