



After Your Angiogram with Transradial (Wrist) Approach

Self-care at home

You had an angiogram today through an artery in your wrist. This handout gives care instructions for you to follow for the next few days.

Activity

For 24 hours:	<ul style="list-style-type: none"> Do not drive
For 2 days:	<ul style="list-style-type: none"> Do not lift more than 1 pound with the affected arm (a 15 oz. can of beans weighs about 1 pound). Avoid moving your wrist.
For 5 days:	<ul style="list-style-type: none"> Avoid vigorous exercise that uses the affected arm.

Pain Control

- You will most likely be sore for 1 to 2 days at the puncture site where the catheter was inserted. You may take acetaminophen (Tylenol) to relieve pain. Follow the dose instructions on the package.
- If your primary care provider (PCP) prescribed aspirin for you, you may take it as usual. But do **not** take extra aspirin for pain control.
- For 5 days, do **not** take anti-inflammatories such as ibuprofen (Advil, Motrin) or naproxen (Aleve, Naprosyn). They may cause bleeding.

Puncture Site Care

- You may remove the dressing (bandage) the day after your procedure.
- Keep the puncture site clean and dry. **Gently** clean the site with mild soap and running water. Do **not** scrub or rub the area. Pat dry with a clean towel.
- You may shower the day after your procedure.



After you recover from your angiogram, you should have greater comfort and mobility.

- For 3 days, do **not** let the puncture site be covered by water. This means do not take a bath, sit in a hot tub, or go swimming.
- It is normal to have a small bruise or lump at the site.
- Check the site every day for signs of infection. (See “Other Concerns” below).

When to Call for Help

If you have sudden or heavy bleeding or a lot of swelling at the puncture site:

- **Apply firm pressure to the site.**
- **Call 911 right away.**

Bleeding

If you have bleeding at the puncture site, apply firm pressure to the site with fingers or the palm of your hand for 10 minutes.

- If you cannot control the bleeding or swelling, **call 911 right away.** Keep applying firm pressure over the site until help arrives.
- If the bleeding stops, sit quietly for 2 hours, with the affected wrist straight and raised above your heart level. For next steps, call 206.744.3000 and ask to page the Neuroradiology Fellow on call.

Other Concerns

Call 206.744.8088 to speak with an Ambulatory Procedure Nurse if you have:

- **Severe pain at the puncture site** that is not relieved by Tylenol.
- Any signs of infection:
 - Redness around the puncture site
 - Fever higher than 101.5 °F (38.6 °C)
 - Drainage from the puncture site
 - Change in the bruise or lump at the puncture site
 - Numbness in your affected arm or wrist

Follow-up Care

- Keep taking your prescribed medicines unless your surgeon tells you otherwise.
- Follow up with your PCP after your procedure, as instructed.

Questions?

Your questions are important. Call your surgeon or other healthcare provider if you have questions or concerns. The Ambulatory Procedure staff are also available to help.

To talk with a nurse:

- Weekdays 7 a.m. to 10 p.m., call the Harborview Ambulatory Procedure Area at 206.744.8088.
- After hours and on weekends and holidays, call 206.744.2500.

To call your surgeon: Call 206.744.9340 and press 2.