

## **Self-care After Your Heart Procedure**

### *Medicines, when to call, and daily log*

*This handout explains self-care at home for patients who have had a heart procedure.*

### **Medicines**

- **For 1 year**, you must take both of these **every day**:
  - An *anticoagulant* (blood-thinning medicine)
  - Aspirin
- **After 1 year**, you will keep taking daily aspirin for the rest of your life.



*Take your medicines exactly as prescribed.*

### **When to Call**

**In the first 30 days** after your procedure, call to talk with a nurse or doctor if you:

- Have chest pain
- Cannot eat or drink well
- Gain 3 to 5 pounds in only 1 to 2 days
- Have more swelling in your ankles
- Have more trouble breathing, or need to use more pillows to breathe while sleeping
- Have a new cough
- Have a pulse higher than 100 beats per minute or lower than 55 beats per minute
- Have heart palpitations
- Have blood pressure lower than 100 or higher than 160
- Have changes in your puncture site:
  - Pain gets worse
  - Sudden, firm swelling (about the size of a golf ball)

- Warmth
- Oozing
- Bruising that moves *upward* (it's normal for bruising to be pulled downward by gravity)
- Have any questions or concerns

## Who to Call

To talk with a nurse or doctor:

- Weekdays from 8:30 a.m. to 5 p.m., call the Heart Institute at **206.598.4300** and press 2 when you hear the recording
- After hours or on a weekend or holiday, call **206.598.6190** and ask to page the doctor on call for your interventional cardiologist.

## Urgent Care

Call 911 **right away** if you have any of these symptoms:

- Severe or sudden shortness of breath
- Chest pain that is not eased by rest or *nitroglycerine*
- New confusion, or you cannot think clearly
- Severe dizzy spells or you have fainted
- Sudden, severe bleeding or swelling at your puncture site

## Daily Log

Use the table on the next page to:

- Record your blood pressure and heart rate 2 times a day. Do this:
  - Before you take your morning medicinesAND
  - 6 hours after taking your blood pressure medicine
- Check your weight:
  - At the same time every day
  - Wearing the same amount of clothes every time

We suggest you weigh yourself every morning after you first wake up, without any clothing.

- Also write down how your puncture site looks each day. It may be bruised and sore for 1 week or longer.

Bring this log with you to your first follow-up visit.

<b>Date</b>	<b>Time</b>	<b>Weight</b>	<b>Temperature</b>	<b>Blood Pressure</b>	<b>Heart Rate</b>	<b>Puncture Site</b>	<b>Notes</b>
Procedure day							

## Sample CareMap

This chart, called a “CareMap,” shows our usual care plan in the days after a heart procedure. Your care plan may differ.

Day 0: Day of Procedure	Day 1	Day 2: Day of Discharge
<p>After your STEMI (ST-elevation myocardial infarction) heart procedure:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Move from Cath Lab to Critical Care Unit (CCU) or Telemetry Unit</li> <li><input type="checkbox"/> Bed rest</li> <li><input type="checkbox"/> Out of bed to chair, move in room if blood pressure stable</li> <li><input type="checkbox"/> Eat ice chips, if you can</li> <li><input type="checkbox"/> Make sure you have a primary cardiologist (heart doctor) to manage your care</li> <li><input type="checkbox"/> Meet with social worker, if needed</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Take usual home medicines</li> <li><input type="checkbox"/> Pain under control</li> <li><input type="checkbox"/> Begin eating and progress diet, as able</li> <li><input type="checkbox"/> Receive antiplatelet plan for discharge</li> <li><input type="checkbox"/> Start on new drugs to protect your heart</li> <li><input type="checkbox"/> Occupational Therapy (OT) and Physical Therapy (PT) evaluation and training:               <ul style="list-style-type: none"> <li>- Activities of daily living (ADLs)</li> <li>- Walking 3 times a day</li> <li>- Learn safety precautions</li> </ul> </li> <li><input type="checkbox"/> Discharge date given</li> <li><input type="checkbox"/> Work on discharge goals</li> <li><input type="checkbox"/> Patient and family learn about mobility precautions, diet, wound care, medicines</li> <li><input type="checkbox"/> If your discharge goals are met, you may leave the hospital today</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Follow-up visits scheduled</li> <li><input type="checkbox"/> Wound is clean and dry</li> <li><input type="checkbox"/> Able to move safely within precautions</li> <li><input type="checkbox"/> Patient and family education on follow-up visits, knowing who and when to call after leaving the hospital</li> <li><input type="checkbox"/> Shower and dress in own clothes</li> <li><input type="checkbox"/> Discharge from the hospital</li> </ul>

### Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

#### Heart Institute at UWMC:

Weekdays from 8:30 a.m. to 5 p.m., call 206.598.4300 and press 2 when you hear the recording.

After hours or on weekends or holidays, call 206.598.6190 and ask to page the Cardiologist on call.