



## Cardiology Department

# Discharge Advice for Patients following a Coronary Sinus Reducer Implant

After your discharge from hospital following this type of procedure please take care to follow the instructions below:

- You must have someone with you for 24 hours following discharge from hospital.
- If the wound should **bleed** or **swell**, lay yourself flat, shout for your relative/carer to help and press firmly on the wound site and seek medical attention. Please ring the Cardiology day ward 01305 254990 for advice (Monday to Friday 8am – 6pm) and out of hours you may need to attend the Emergency Department, although this is rare.
- Bruising is completely normal, but if you are concerned, please ring the Cardiology day ward on 01305 254990 for advice (Monday to Friday 8am - 6pm).
- Spend the first 24 hours at home resting.
- Avoid heavy lifting or strenuous exercise, such as riding a bike, digging the garden and playing sports for at least five days after the procedure.
- Do not drive for 24 - 48 hours following the procedure.
- Do not return to work until you have been advised to do so by your Cardiologist.
- If you have any pain around the access site take 1-2 Paracetamol 500mg tablets 4-6 hourly if required (always follow the instructions on the packaging). If pain persists, ring the Cardiology day ward on 01305 254990 for advice.
- You can shower from the following day. Do not scrub the wound site and pat dry gently with a towel.
- Remove the dressing after 24 hours. You do not need to recover the wound, as long as it is kept clean and dry.

- Continue to drink plenty of fluid as this helps to flush the 'dye' out through your kidneys. Do not drink any alcohol within the first 24 hours following your procedure.
- Remember, we do not expect you to have any improvement in your angina symptoms for approximately 8-12 weeks, at which point you may start to notice some improvement.
- You will have a follow-up in three months with a Cardiologist.

**If you have any further worries or concerns, you can contact the Cardiology day ward for advice on 01305 254990 between the hours of 8am and 6pm Monday to Friday.**

## **Feedback**

If you are happy with the service provided within this department, or if you feel we could improve this service, we would be grateful for your feedback. Please contact:

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## **About this leaflet:**

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If you have feedback regarding the accuracy of the information contained in this leaflet, or if you would like a list of references used to develop this leaflet, please email

[pals@dchft.nhs.uk](mailto:pals@dchft.nhs.uk)



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