



PVC or Ventricular Tachycardia (VT) Ablation Discharge Instructions

When should my palpitations/PVCs go away?

Many people will have ongoing palpitations/PVCs during the first 1-3 months after the ablation. The success of the procedure is not determined until 3 months after the ablation, as this is when radiofrequency (the energy source used) lesions fully mature.

What symptoms are expected after my ablation?

- You may experience mild chest discomfort that worsens with deep breaths or lying flat. This should gradually improve.
- You may have occasional palpitations that last seconds or minutes related to inflammation.
- It is normal to have some groin site soreness, a small lump under the skin, and bruising that can even extend down the leg.
- You may have a mild sore throat after the procedure for a few days that will gradually improve.

For what symptoms should I call SDCA?

- Moderate-to-severe chest pain or chest pain that is not improving or getting worse
- Groin site pain that is severe or getting worse, groin site redness/warmth, oozing, bleeding, pus, or a groin site lump that is getting larger
- Severe or worsening pain, discoloration, coldness, or swelling in the groin site incision leg(s)
- New-onset, severe post-procedure back pain
- Lightheadedness or dizziness
- Persistent post-procedure cough, shortness of breath, swollen legs, sudden weight gain of more than 3 lbs overnight, or more than 5 lbs in 1 week

For what symptoms should I call 911?

- Groin incision bleeding that you are unable to stop
- Severe or new-onset shortness of breath, especially at rest
- Sudden-onset, severe chest pain
- Symptoms concerning for stroke: one-sided weakness, facial droop, sudden vision changes, speech changes, or changes in alertness
- Fainting

How do I care for my groin site incision(s)?

Remove the bandage(s) the day after your ablation and do NOT apply a new bandage. Wash the incision(s) with soap and water in the shower daily and pat dry. Do not put any products or medicines on the incision(s). Do not submerge the incision(s) under water (pool, bathtub), nor use steam rooms or saunas for 2 weeks.

What are my activity restrictions?

You can drive 24 hours after your procedure. However, you may be sore and want to wait longer to drive, especially long distances. After an ablation, the activity restrictions aim to prevent groin incision bleeding. Any activities that involve a lot of movement in the groin region or those that increase pressure in the abdomen will also put pressure on the blood vessels where the incision(s) were made. Therefore, during the first 4-7 days after the ablation, avoid heavy lifting (more than 10 lbs), straining during bowel movements, excessive bending over, stooping, walking long distances, running, or climbing many flights of stairs. You may resume normal activity 1 week after the ablation.

When can I return to work?

If your job involves heavy physical exertion, take one week off work. If you are not physically active at work, you can return to your job in a few days.

When can I travel?

If you live out-of-town, we recommend staying in the Denver area for 1-2 nights after you are discharged from the hospital. Local patients should avoid travel for 2 weeks post-procedurally. There are no extra restrictions for traveling to higher elevation.

When should I follow-up?

You will see an RN in 1-2 weeks. You will have an appointment either in the Arrhythmia Clinic or with the cardiologist who did the ablation (or NP on that MD's team) in 4-6 weeks.

Should I expect to have a new medication started after the ablation?

Most people will be directed to take either low-dose (aka "baby") aspirin 81 mg or an anticoagulant (typically Eliquis or Xarelto) for 1-3 months after the ablation. Other changes may be made. Refer to your discharge medication list for details.

When can I have other procedures, dental cleanings, or surgeries?

We recommend waiting a full 3 months after your ablation, do not have any procedures during that timeframe. Contact SDCA for instructions if you must have an invasive procedure within 1 month, or before your aspirin or anticoagulant is stopped.

Can I get my COVID Vaccine/Booster?

Yes! Please don't delay getting ANY vaccines because you had an ablation.