

Caring for Your Child at Home After Cardiac Catheterization

Caring for the Catheter Placement Sites

- Your child may shower or sponge bathe the next day.
- **No** baths, swimming, or hot tubs (sitting in water) for 4 days.
- Gently clean the site with soap and water, pat dry, and put on a new Band-Aid®.
- Keep a Band-Aid® over the site for 3 days. Change the Band-Aid® every day.
- Your child may have some pain at the site. You may give your child acetaminophen (Tylenol®) or ibuprofen.
- Your child may have some bruising at the site. This should get better each day.

Activity

- Your child should have very little activity for the rest of the day. Your child may take short walks in the home and slowly climb stairs. Quiet play only for 3 days.
- Your child may return to school/daycare on _____. No physical education classes or recess for one week.
- **No** vigorous activities such as bike riding, climbing, competitive sports, or heavy lifting (more than 10 pounds) for one week.

Medicines

Diet

- Your child should be able to eat a normal diet the next morning.
- Your child may eat or drink the night of the procedure if they are feeling well.
- Some children have nausea or do not feel hungry the night of the procedure. This is normal and will get better. We suggest a light diet, if hungry.

When to Call

- Bleeding or sudden swelling from the site. If bleeding or sudden swelling occurs, hold pressure over the site for 10 minutes. Call if oozing does not stop.
- Any change in color, temperature, or swelling of the arm or leg where the catheterization was done.
- Severe pain, numbness, or tingling of the arm or leg where the catheterization was done.
- A fever over 100° F or 38° C.
- Redness or drainage at the site.
- Any questions or concerns

Follow-Up Visit

Who to Call

UW/AFCH Pediatric and Adult Congenital Cardiology Clinic: (608) 263-6420

After hours, nights, weekends, holidays, this number will give you the paging operator. Ask for the pediatric cardiologist on call. Give your name and phone number with the area code. The doctor will call you back.

The toll-free number is **1-800-323-8942**.

If you are a patient receiving care at UnityPoint – Meriter, Swedish American or a health system outside of UW Health, please use the phone numbers provided in your discharge instructions for any questions or concerns.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 2/2020 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing HF#7511.