



## Cardiology Department

# Discharge Advice for Patients following Femoral Angiogram

- Following this type of procedure you must have someone with you for 24 hours following discharge from hospital.
- If the wound should **bleed** or **swell**, shout for help and lie yourself flat. Apply firm pressure approximately 2cm above the wound site. When help arrives, they should call 999 for an ambulance and explain that you are bleeding from the artery in the top of the leg following a procedure. They should then come back and take over the pressure (as shown by the nurse before leaving hospital) until the ambulance crew arrives.
- Look out for any signs that the blood flow down your leg has been affected. If your leg becomes cold, discoloured or you have continuous pins and needles in the affected leg, you should seek medical attention immediately. If this is Monday to Friday, between 8am and 6pm, please come back to the Cardiology day ward (ring 01305 254990 to let us know you are coming). Outside of these hours go to the Emergency department.
- If you have had an Angioseal (collagen plug) inserted to seal the artery, this will dissolve by itself over the next 90 days. These work very well, provided they are given time to settle in and are not dislodged as your artery is healing. Please support the wound site with your hand if you need to cough, laugh or sneeze over the next 48 hours and avoid bending down or bending your leg up.
- Bruising is completely normal and sometimes this can extend down the thigh towards the knee. If you are concerned then you can ring the Cardiology day ward on 01305 254990 for advice.
- Avoid heavy lifting or strenuous exercise, such as riding a bike, digging the garden and playing sports for at least 5 days after the procedure.
- Do not drive for 2 days following your procedure. Sudden braking can cause the wound to start to bleed.
- You could return to work after 2-3 days if your job is office-based, but if you have a physically demanding job, we advise that you do not return for 5-7 days (you can self-certify for 7 days).
- If your leg aches or becomes painful (this is common and can sometimes persist for several days to weeks) take 1-2 Paracetamol 500mg tablets every 4-6 hours 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 with a towel. Do not have a bath or swim until the wound is healed and dry.
- Remove the dressing after 24 hours. You do not need to re-cover the wound as long as it is kept clean and dry.
- Continue to drink plenty of fluid; this helps to flush the 'dye' out through your kidneys. Do not drink any alcohol within the first 24 hours following your procedure.

**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:

Jodie Crabb, Cardiology Matron  
 Cardiology Department  
 Dorset County Hospital NHS Foundation Trust  
 Williams Avenue  
 Dorchester  
 DT1 2JY

## About this leaflet:

Author:	Laura Starr, Senior Sister
Written:	January 2017
Updated and Approved:	March 2020
Review date:	March 2023
Edition:	V2

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)



**INTEGRITY | RESPECT | TEAMWORK | EXCELLENCE**

© 2020 Dorset County Hospital NHS Foundation Trust  
 Williams Avenue, Dorchester, Dorset DT1 2JY  
[www.dchft.nhs.uk](http://www.dchft.nhs.uk)