



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 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 3 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:

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

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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



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