

# Aftercare for Procedures involving Groin Arterial Puncture

You have undergone a procedure that involves accessing the femoral artery in your groin. This leaflet explains a few things of which you need to be aware. If you have any further questions, please speak to the doctor or nurse caring for you.

## Immediately after your procedure

The artery was sealed with a device called an AngioSeal. This is a suture with a collagen plug which dissolves by itself. It may feel like a pea sized lump under the skin.

- You will be asked to lie flat. Your nurse will instruct you for how long this will be. Your nurse will check your observations and the groin site frequently in the first few hours.
- You must not lift your head off the pillow or sit up for the first two hours.
- Do not bend the leg where the puncture was performed or cross your legs while you are on bed rest.

Tell your nurse immediately if you notice any of the following:

- increased pain, including in the back, abdomen, groin or thigh/leg
- bleeding / swelling / bruising of the affected groin
- numbness or tingling of the affected leg.

## The first time you get out of bed

- Mobilise gently.
- Support the groin with a rolled towel when you move or cough.
- Do not bend your hips beyond 90 degrees.



Tell your nurse immediately if you notice any of the following:

- increased pain
- bleeding / swelling / bruising of the affected groin
- numbness or tingling of the affected leg.

### **For the first 48 hours:**

- Do not bend to lift or carry heavy objects.
- Do not drive (check with your doctor when you may resume driving).
- Do not bend at the hips beyond 90 degrees (you may need someone to help with getting washed and dressed).
- Go up and down stairs slowly, one at a time.
- Support the groin with a rolled towel when moving, coughing or straining.

### **What should I do if I have a problem after I leave hospital?**

Very occasionally, bleeding from the femoral artery can occur. This can look like bruising, swelling or external bleeding. If this happens, this is a medical emergency.

If you notice new bruising, swelling or bleeding lie down flat and apply firm pressure to the groin for 20 minutes. If someone is with you, ask them to do it for you.

If the bleeding or swelling does not stop, you must phone 999 and ask for an ambulance.