

Maine Medical

PARTNERS

Congenital Heart

Discharge Instructions after Cardiac Catheterization for Children

After the catheterization, you will have the opportunity to meet with the doctor and discuss how the procedure went. We want you to be sure you understand this information. If you have further questions, please ask a member of your care team.

Activity

- On the afternoon after the catheterization, your child will remain in bed, but may be held with his or her legs fairly straight for up to six hours. Older children will have to use a bedpan or urinal.
- After the bed rest time has passed, your child may get up to go to the bathroom unless otherwise instructed by the doctor. Your child will be encouraged to get out of bed in the late afternoon or early evening before being discharged.
- Bring an item from home that your child may enjoy playing with, such as a music player, a special blanket, crib mobile, etc.
- The first one to two days after the catheterization, your child should play quietly, such as quiet games, watching TV, coloring, puzzles, etc.
- On the third day, if the catheterization sites are healing well, your child may resume his/her normal activity such as running, bike riding, and school activities unless instructed otherwise.

Diet

- If your child has any special food or diet restrictions, please let us know. After your child is fully awake from the procedure, they may begin drinking small amounts of clear liquids, such as water or juice. If they are able to keep down (not vomited) these liquids, he or she may progress to bland foods. Avoid giving your child greasy or spicy foods until the following morning.
- If your child drinks too much liquid too quickly, they may be more likely to vomit. Encourage your child to drink small amounts slowly at first.

Caring for the Catheterization Site

- When your child comes back from the catheterization, he or she will have a large bandage (pressure dressing) on the right, and sometimes left, groin area. This is to make sure there is no bleeding. The nurses will check the dressing while your child is in the hospital.
- Several hours after the catheterization, the pressure dressing will be removed by the doctor or nurse practitioner and a Band-Aid may be applied. The Band-Aid may be removed when you return home.
- Some children may have “stitches” at the catheterization site. These will be removed before your child is discharged.
- Some bruising is normal. Avoid tub baths or swimming for three days. Showers are fine.
- Call MMP – Congenital Heart at (207) 883-5532, if your child has a fever, or if you notice any bleeding, swelling, redness, or drainage at the catheterization site.
- If bleeding occurs, apply local pressure with a gauze pad until it stops, for about 10 minutes. In the unlikely event that the bleeding continues after 10 minutes of pressure, call 911.
- If you have any questions at all please feel free to call us. It is always better to call and ask, then wait. If the office is closed and you feel your questions are urgent, the answering service can page the provider on call.