



Discharge information following structural procedure

- No driving for 48 hours.
- No sports, strenuous activities, heavy lifting (eg heavier than a 2L bottle milk), or gardening for two weeks. Confirm this with the doctor who has been caring for you while you have been in hospital.
- Return to work is decided on an individual basis and should be discussed with the doctor who has been caring for you while you are in hospital.
- For groin punctures, support your groin when you cough, sneeze, or laugh, move your bowels, or when getting in and out of a chair, car or bed.
- You may have some bruising/discomfort at the puncture site for a few days after the procedure. Take some simple pain relief as directed (not aspirin).
- When you go home, you are still at risk of bleeding or developing a haematoma for five to seven days until the puncture site has healed.
- A haematoma is bleeding from the puncture site under the skin and appears as a hard lump that is painful to touch.
- You need to check your puncture site regularly. If bleeding/haematoma occurs, apply pressure to the site for 10 minutes.
- If after 10 minutes the bleeding or the haematoma has gone, lie flat for another hour and take it easy for the rest of the day. You need to be reviewed by your GP as soon as possible.
- If you are unable to stop the bleeding, continue applying pressure and call **000 IMMEDIATELY**.
- If the haematoma is still present, seek medical attention **IMMEDIATELY**.
- Remove the band aid the next day, as this can become a source of infection.
- Signs of infection include redness, heat around the area, ooze and temperatures.
- You **MUST** seek medical attention **IMMEDIATELY** if signs of infection are found.
- If you have any change or decrease in sensation, or pins and needles in the limb where the procedure was performed, you must seek medical attention **IMMEDIATELY**.