

## **Instructions for arterial puncture post-treatment**

### **Follow-up guidelines for procedures involving arterial puncture.**

#### **On the Ward**

Because the procedure involves making an injection into an artery, a pressure device is placed at the injection site for two hours. Alternatively, the injection site may be pressed by hand for approximately 10-30 minutes, after which a bag containing lead weights is placed on it for two hours.

After removal of the pressure device or lead weight bag, bed rest will continue for another 2-5 hours depending on the size of the injection apparatus used in the examination. However, if bleeding problems occur, bed rest will be ordered for a longer period.

During bed rest, the abdominal muscles, hips and legs should be kept relaxed and it is not advisable to lift the upper body without the assistance of medical staff.

On a case-by-case basis, the installation of a subcutaneous closure device can be considered as an alternative to pressure therapy, in which case the bed rest requirement is shortened and immobility requirements are reduced.

If the injection site feels damp or if you feel pain or a feeling of heaviness, you should immediately tell a healthcare professional to check the injection site and, if necessary, press it again.

When you get out of bed, you must roll onto your side first, then get up.

#### **After Bed Rest**

Unless otherwise indicated, you can move around the ward after the bed rest period, however you must avoid activities such as walking up the stairs.

#### **Food**

You are allowed to eat and drink immediately after the procedure.

#### **Medication**

Continue as directed by your doctor.

#### **During your stay in hospital**

Discharge is either on the same day or 24 hours after, depending on the procedure and on your condition. A sick leave note will be written by the ward doctor, if necessary.

### **Things to consider at home**

For about five days after the procedure, the following should be avoided:

- lifting heavy loads
- cycling and swimming
- hot steam in the sauna and hot bath

If you have any problems with the injection site, you should contact the ward or your local health centre.

Follow-up instructions will be given to you in the ward.