

Aftercare for Procedures involving Radial Arterial Puncture

You have undergone a procedure that involves accessing the radial artery in your wrist. 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 the procedure

The artery was sealed with a device called a SafeGuard. This is a balloon dressing that will be deflated by your nurse before you go home.

When can I leave hospital?

This will depend on the exact procedure you have had and your doctor will advise you on how long you will need to stay in hospital.

After I leave hospital

✓ Do:

- Keep your wrist straight for the next 24 hours.
- Keep the site clean and dry.
- Remove the dressing over the site and shower after 24 hours.

✗ Do not:

- Use your affected arm to lift, push or pull more than three kilos (7lbs) for 72 hours.
- Participate in strenuous activities that require flexing of the wrist for four days after your procedure. This includes most sports.
- Soak the affected wrist in the water for the first five days.
- Use creams, lotions, powders or ointment on the site until it heals.

It is normal to experience:

- A small amount of bleeding from the site for 48 hours after the procedure.
- Bruising which may take two to three weeks to go away.
- Slight numbness or tingling in your hand after the procedure that should improve over several hours.
- Mild swelling at the access site.
- Tenderness, discomfort or pain at the access site which should improve over a few days. If this occurs, take over the counter pain medicines, elevate the affected arm and apply an ice pack.

When can I get back to normal activities?

Usually after five days. Your doctor will inform you if this is not the case.

What should I do if I have a problem?

Very occasionally, more significant bleeding from the radial artery can occur. This can look like sudden swelling or tightness or external bleeding. If this happens, this is a medical emergency. **Apply firm pressure to your wrist, sit down and call 999. Do not drive yourself to the hospital.**

Go to A&E if you notice:

- Significant numbness or tingling in your hand, especially if it is constant or gets worse.
- Your hand becomes cold, changes colour and becomes more painful.
- You cannot feel the pulse in your wrist.

Will I have a follow-up appointment?

The imaging report will be sent to your referral clinician who will contact you to arrange follow up.

Contact us

If you have any non-urgent questions or concerns about your radial puncture site not covered by the advice above, please contact the neuroradiology nurses on 020 8725 4183 (Monday to Friday, 8am to 6pm). Out of hours, call NHS 111.

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit www.stgeorges.nhs.uk

Additional services

Patient Advice and Liaison Service (PALS)

PALS can offer you on-the-spot advice and information when you have comments or concerns about our services or the care you have received. You can visit the PALS office between 9.30am and 4.30pm, Monday to Friday in the main corridor between Grosvenor and Lanesborough wings (near the lift foyer).

Tel: 020 8725 2453 **Email:** pals@stgeorges.nhs.uk

NHS Choices

NHS Choices provides online information and guidance on all aspects of health and healthcare, to help you make decisions about your health. **Web:** www.nhs.uk

NHS 111

You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones. **Tel:** 111

AccessAble

You can download accessibility guides for all our services by searching 'St George's Hospital' on the AccessAble website (www.accessable.co.uk). The guides are designed to ensure everyone – including those with accessibility needs – can access our hospital and community sites with confidence.

