

# 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, 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 new bleeding / swelling / bruising of the groin.

## When can I leave hospital?

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

## When can I get back to normal activities?

Usually after 48 hours. Your doctor will inform you if this is not the case.

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.

## Contact us

If you have any non-urgent questions or concerns about your groin puncture site not covered by the advice above, please contact the neuroradiology nurses on 020 8725 4183 (Monday to Friday, 8am to 8pm). 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](http://www.stgeorges.nhs.uk)**

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## 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](mailto: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](http://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](http://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.



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