

Returning home after a thermal ablation



Here you'll find various tips to help you after a thermal ablation. This health sheet tells you what symptoms you might experience, how to relieve them, and what signs to watch for.

When can I resume my normal activities?

Recovery time varies from person to person. Some are in good shape the next day. For others, it may take a few days.

You may feel tired after the procedure. This fatigue will decrease day by day. Take time to rest well. **Don't do any strenuous physical activity** for at least 5 to 7 days.

Is it normal to feel pain?

- You may feel a little pain in the area of the procedure. Most often, taking a painkiller such as Tylenol is enough. But don't exceed the maximum allowable dose.
- If the pain is severe, you may be prescribed stronger painkillers (narcotics) such as morphine, codeine or others (Dilaudid, Demerol, etc.). In this case, you would **not be allowed to drive or to drink alcohol**.



- If you still have pain even with medications, call one of the numbers at the end of this health sheet.
- You might also have shoulder pain. This should go away very quickly.

You can take your usual medications first thing in the morning of the day after the procedure, except those that act on blood clotting, such as aspirin, Coumadin, Plavix, Heparin, Pradax, etc. Wait 48 hours before resuming those. You'll be given more details before you leave the hospital.

What should I do if I have bandages?

You can remove your bandages yourself 48 hours after the procedure. However, if they're soiled or wet, you can change them the same day.

Can I take a shower or bath?

You can take a shower the day after the procedure, after removing the bandages. Wait 7 days before taking a bath, going to the spa, or swimming.

Should I eat in any particular way?

Eat more lightly on the first day. Then you can start eating as usual again. **Be careful, alcohol is not recommended**, especially when using painkillers.

What should I do if I feel nauseous?

Take a medicine for nausea (such as Graval). But don't take it at the same time as pain medication. Wait at least 45 minutes between taking each medication.



What should I do if I have a bruise?

If you have a bruise, you don't have to do anything in particular. It will change colour and disappear on its own.

Will I be able to travel and get around by car?

It's recommended not to fly for at least 2 weeks. Also, as much as possible, avoid car travel for 5 days.

What symptoms should I watch for?

If any of the following situations arise, call one of the numbers below immediately.

- Temperature over 38.5°C or 101.3°F (don't take fever medications, such as Tylenol).
- A lump in the area where the procedure took place that's getting larger.
- Pain that increases or appears suddenly.
- Blood in the stool or urine.

On weekdays, during business hours, call the Radiology Department:

 **514 890-8450**

Or call the follow-up nurse at:

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Outside of business hours, call a nurse at the **CHUM Patient Health Line**.



CHUM PATIENT HEALTH LINE

514 890-8086

24 hours a day, 7 days a week

You're a CHUM patient? You have questions about your health status? A nurse can help you.



USEFUL RESOURCES

Other CHUM health fact sheets are available. Ask your care team which fact sheets can help you.



You can also read them online.
chumontreal.qc.ca/fiches-sante

The content of this document in no way replaces the advice of your healthcare professional.

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