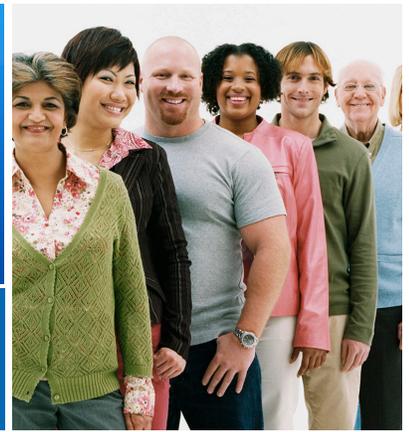


# Returning home after percutaneous cryoablation



Here you'll find various tips to help you after cryoablation. This health sheet tells you what symptoms you may experience, how to relieve them, and what signs to watch out for.

## When can I resume my activities?

Recovery time varies from person to person. Some people feel fine 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 the time to rest properly. **Don't do any strenuous physical activity** for at least 5 to 7 days.

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, Pradaxa, and others. Wait 48 hours before resuming them. You'll be given more details before you leave the hospital.

## Is it normal to feel pain?

- You may have a little pain in the area of the procedure. Most often, taking a painkiller like Tylenol is enough, but don't take more than the maximum allowable dose.
- If the pain is severe, stronger painkillers (narcotics), such as morphine, codeine, or others (Dilaudid, Demerol, etc.), may be prescribed. When taking these, **you're not allowed to drive and to drink alcohol.**
- If you're still in pain despite medication, call one of the numbers at the end of this health sheet.
- You might also have shoulder pain. This should go away quickly.



## What if I have bandages?

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

## Can I take a shower or bath?

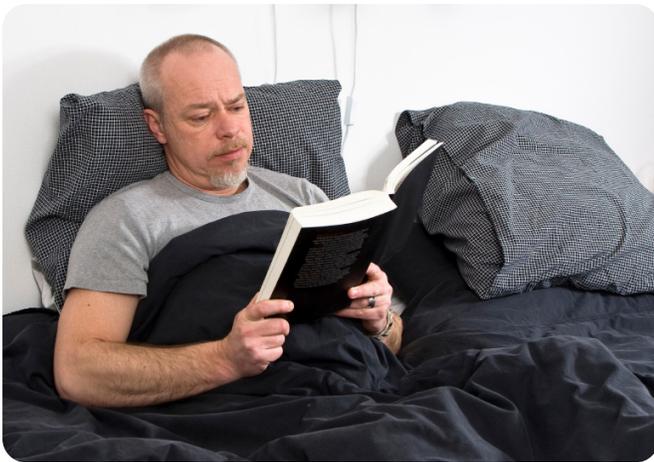
You can take a shower the day after the procedure, after removing the bandages. Wait 7 days before taking a bath, going to the spa, or swimming.

## Should I eat in any particular way?

Eat lighter on the first day. Then you can start eating as usual again. **Warning: alcohol is not recommended**, especially when taking painkillers.

## What should I do if I feel nauseous?

Take anti-nausea medication (such as Gravol), 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, there's nothing special to do. The bruise will change colour and then 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 avoid car travel as much as possible for 5 days.

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

## What signs should I watch out for?

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

- Temperature of 38.5°C or 101.3°F or higher.



- A bump that's getting bigger, in the area where the procedure was done.
- Pain that increases or arises suddenly.
- Blood in the stool or urine.

On weekdays during business hours, call the Radiology Department:

☎ **514 890-8450**

Or the follow-up nurse at the number:

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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](http://chumontreal.qc.ca/fiches-sante)

To find out more about the Centre hospitalier de l'Université de Montréal  
**chumontreal.qc.ca**