

A Catheter ablation is a way to treat irregular heartbeats, or arrhythmias such as atrial fibrillation (Afib), atrial flutter, or supraventricular tachycardia (SVT). It destroys the tissue that causes your heartbeat to disrupt signals and get off course. This creates scar tissue inside your heart. This scar is a good thing and helps keep your heartbeat to stay in rhythm.

Your cardiologist will not have to cut open your chest to do this procedure. We use catheters to go through the vein in the groin. A catheter is a long, flexible tube that guides up to your heart. We use energy sources to create the scar tissue such as radiofrequency waves, laser or cryotherapy (which freezes the tissue).

What to expect?

The day of your procedure you should not have anything to eat or drink after midnight. You will be instructed prior to your procedure on if you need to hold any medications, including blood thinners. You will receive general anesthesia for this procedure and go to sleep. Side effects of general anesthesia may include nausea, dizziness, forgetfulness and fatigue. You will be shaved from your chin to your thighs for this procedure, we use lots of monitor patches that hook up to multiple machines to monitor you during the procedure.

It is not uncommon for ablations to last anywhere from 2 to 6 hours depending on what type of abnormal heart rhythm you have. When you wake up, you will go to the recovery room and wake up fully from your anesthesia.

You will stay the night after your ablation but should be able to go home the next day.

Recovery

You may feel sore especially in your chest or groin area where we got access into your vein for a few days. It can take several weeks for the work done during your procedure to turn into scar tissue. Your heart rhythm may return to AFIB or another abnormal heart rhythm until the scar tissue forms. This doesn't mean your ablation failed. You also may be sent home with acid reflux medications. You may need to take blood thinners after your procedure. Sometimes, the ablation needs to be repeated.

Do not push, pull or lift anything heavier than 10lbs for a few days after your procedure. The area in your groin may be bruised but that bruising should not develop any hardness under the skin. There will be a stitch used to close your vein and it is important to keep a close eye on your incision. You may shower the next day and remove your dressing. Make sure your surgical wounds stay clean and dry. Shower daily and replace a clean bandaid on your site for the next 5 days. No need for any lotions or powders. If you notice any signs or symptoms of infection of your incision site such as fever, redness, heat, or swelling please call the cardiology clinic.

Questions

Call 785-625-4699 – DeBakey Heart Institute
855-429-7633 – Hays Med ONE CALL

Visit our website
using this QR code to
access videos about
your procedure.



Discrimination is Against the Law

Hays Medical Center complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Hays Medical Center does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

Hays Medical Center provides free aids and services to people with disabilities to communicate effectively with us, such as:

- Qualified sign language interpreters
- Written information in other formats (large print, audio, accessible electronic formats, other formats)

Hays Medical Center provides free language services to people whose primary language is not English, such as:

- Qualified interpreters
- Information written in other languages

If you need these services, contact the Director of Clinical Care Coordination at 785.623.5297, or the Operator at 785.623.5000.

If you believe that Hays Medical Center has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance with:

Chief Legal Officer
 Hays Medical Center
 2220 Canterbury Drive
 Hays, Kansas 67601
 Telephone Number: 785.650.2759
 TTY/TDD or State Relay Number: 800.766.3777 (V/T); or Dial 711
 Fax: 785.623.5524
 Email: joannah.applequist@haysmed.com

You can file a grievance in person or by mail, fax, or email. If you need help filing a grievance, Joannah Applequist, Chief Legal Officer, is available to help you.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at:

U.S. Department of Health and Human Services
 200 Independence Avenue, SW
 Room 509F, HHH Building
 Washington, D.C. 20201
 1-800-368-1019, 800-537-7697 (TDD)

Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>.

ATTENTION: If you speak a language other than English, language assistance services are available to you free of charge. Call 1-855-429-7633 (TTY: 1-800-766-3777).

SPANISH

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-855-429-7633 (TTY: 1-800-766-3777).

VIETNAMESE

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-855-429-7633 (TTY: 1-800-766-3777).

CHINESE

注意: 如果您使用繁體中文, 您可以免費獲得語言援助服務。請致電1-855-429-7633 (TTY: 1-800-766-3777)。

GERMAN

ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 1-855-429-7633 (TTY: 1-800-766-3777).

KOREAN

주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1-855-429-7633 (TTY: 1-800-766-3777) 번으로 전화해 주십시오.

LAOTIAN

ໂປດຊາບ: ຖ້າວ່າທ່ານເວົ້າພາສາລາວ, ການບໍລິການຊ່ວຍເຫຼືອດ້ານພາສາ, ໂດຍບໍ່ເສຍຄ່າ,

ແມ່ນມີໄວ້ສຳລັບທ່ານ. ໂທ 1-855-429-7633 (TTY: 1-800-766-3777).

ARABIC

ملاحظة: بالمجان لك تتوافر اللغوية المساعدة خدمات فإن، اللغة اذكر تتحدث كنت إذا: ملحوظة 1-855-429-7633 (TTY: 1-800-766-3777) برقم اتصل.

TAGALOG

PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa 1-855-429-7633 (TTY: 1-800-766-3777)

BURMESE

သတိပြုရန် - အကယ်၍ သင်သည် မြန်မာစကား ကို ပြောပါက၊ ဘာသာစကား အကူအညီ၊ အခမဲ့၊ သင့်အတွက်

စိစဉ်ဆောင်ရွက်ပေးပါမည်။

ဖုန်းနံပါတ် 1-855-429-7633 (TTY: 1-800-766-3777) သို့ ခေါ်ဆိုပါ။

FRENCH

ATTENTION : Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 1-855-429-7633 (TTY: 1-800-766-3777).

JAPANESE

注意事項: 日本語を話される場合、無料の言語支援をご利用いただけます1-855-429-7633 (TTY: 1-800-766-3777)まで、お電話にてご連絡ください。

RUSSIAN

ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1-855-429-7633 (телетайп: 1-800-766-3777).

HMONG

LUS CEEV: Yog tias koj hais lus Hmoob, cov kev pab txog lus, muaj kev pab dawb rau koj. Hu rau 1-855-429-7633 (TTY: 1-800-766-3777).

PERSIAN (FARSI)

توجه: اگر به زبان فارسی گفتگو می کنید، تسهیلات زبانی بصورت رایگان برای شما فراهم می باشد. یا (TTY: 1-800-766-3777) 1-855-429-7633 تماس بگیرد.

SWAHILI

KUMBUKA: Ikiwa unazungumza Kiswahili, unaweza kupata, huduma za lugha, bila malipo. Piga simu 1-855-429-7633 (TTY: 1-800-766-3777).

