



**University  
Hospitals Sussex**  
NHS Foundation Trust

# Discharge advice for patients following coronary angiography with removal of sheath using Clo-Sur P.A.D.

Patient information

## **What happened during this procedure?**

During your coronary angiogram a small hole was made in the artery in the groin, which seals itself after the sheath is removed. A special dressing has been applied to help the wound to seal.

## **How should I care for my wound once I get home?**

After 24 hours, remove the clear dressing. If the spongy Clo-sur pad dressing does not come off with the plastic dressing, apply a little water to aid it. This can be done using a shower head.

Once soaked remove the pad and dressing slowly. Once the dressing has been removed it does not need another dressing on it, just keep it clean and dry.

## **Will my wound hurt?**

It is normal for your groin to feel tender for a few days after your procedure.

A bruise may develop and extend as far down as your knee. It is usually blue / purple in colour. This is not a cause for concern.

## Should I limit my activities?

- Avoid hot showers for 24 hours and hot baths for three days (hot water encourages bleeding).
- Do not lift any heavy objects or do anything that exerts pressure on your abdominal muscles for three days, so no strenuous activity such as jogging, cycling or walking long distances.
- Stay off work for two to three days. If you have a manual job we would advise you to take a week off.
- Do not drive for 24 hours or until the bruise is less tender.

## What signs should I look out for?

Keep an eye on the area for signs of infection. This may look like a hard, tender swelling around the wound with redness and increased pain. Please contact us if this happens.

It is highly unlikely that your wound will start to bleed, but if it does lie down flat and get a family member or friend to apply pressure on and above the bleeding area. The pressure should be applied for 10 minutes without peeping. This is the time a clot will take to form. If you release the pressure before 10 minutes the clot is unlikely to form. If the bleeding does not stop after 10 minutes, call an ambulance immediately and continue to apply pressure.

## What happens next?

A detailed report will be sent to your GP which will be copied to you. Should the Doctor need to see you again in the outpatients clinic, an appointment will be sent to you through the post.

# Contact details for the Cardiac Care Unit

Please help yourself to any of the information booklets available in the day case unit.

Feel free to talk to your nurse about any concerns you may have or any health education you feel you may benefit from.

If you have any concerns about your groin site, or any concerns about your cardiac procedure during your first week at home, please contact us.

**Telephone: 01273 696955, Ext. 64484.**

You can call this number at any time.

For more general concerns, please contact your GP, or if it is an urgent health issue contact 111 for advise or 999 for paramedic assistance.

**This leaflet is intended for patients receiving care in Brighton & Hove or Haywards Heath**

Ref. number: 1089.1  
Publication date: 03/2023  
Review date: 03/2026

© University Hospitals Sussex NHS Foundation Trust Disclaimer:  
The information in this leaflet is for guidance purposes only and is in no way intended to replace professional clinical advice by a qualified practitioner.

