

## Cardiopulmonary Exercise Stress Test Arterial Line Insertion: After-Hospital Care

The following information will help you recover after your cardiopulmonary exercise stress test with an arterial line insertion.

*If you have any questions or concerns about your test, please ask your physician or nurse.*

### General information

#### **Insertion site care**

- After the procedure, we will apply an Elastoplast® bandage made of stretching elastic material to the wound site. Keep that on for at least 1 hour after you have been discharged from the hospital. This is important because bleeding or swelling can occur if you bend your wrist.
- After you remove the bandage, you may leave the area open to air or apply a Band-Aid®.
- Apply ice to the insertion site once you are home as needed. This will help reduce any swelling and decrease any discomfort you may have.
- Keep the site clean and dry.
- Avoid exposure to products such as cleaning solvents for the first 24 hours. They may irritate the wound.

#### **Insertion site healing**

- The wound should remain soft and dry. A bruise (black and blue) or a small, marble-sized lump may be present.
- Please notify your physician if you have any of the following symptoms:
  - Redness around the puncture site
  - Drainage from the puncture site
  - A lump at the puncture site that enlarges or is larger than a marble
  - Pain at the puncture site that makes bending your wrist difficult
  - Discoloration or coolness of your hand

## Warning signs and symptoms

If you notice minor bleeding from the puncture site, please do the following:

- Apply and hold firm pressure on the site for 10 minutes. You may use a clean cloth or tissue to apply pressure. After 10 minutes, remove pressure. The wound should be dry and flat, without bleeding.
- Cover the wound with a Band-Aid.
- Go to the nearest Emergency Department if you have any of these symptoms in your affected arm:
  - Bleeding that does not stop after you apply pressure
  - Swelling or change in color
  - Pain, numbness or tingling

**If a problem occurs, or if you have questions, please call the clinical nurse specialist at 312.926.1583 (TTY: 711).**