

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

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

The following information will be helpful in your recovery after your cardiopulmonary exercise stress test with an arterial line insertion.

### **General information**

#### ***Insertion site care***

- After the procedure, an Elastoplast® bandage made of stretching elastic material is applied 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 as a result of movement of the 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 and as needed. This will help reduce any swelling and decrease any discomfort you may have.
- Keep site clean and dry.
- Avoid exposure to products such as cleaning solvents for the first 24 hours. They may irritate the puncture site.

#### ***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 any of the following signs appear:
  - 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 the 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 note any of the following in the affected arm:
  - Prolonged bleeding after pressure has been applied
  - Swelling or change in color
  - Pain, numbness or tingling

**If a problem occurs, or if you have questions, do not hesitate to call the clinical nurse specialist at 312.926.1583.**

## Northwestern Medicine – Health Information Resources

For more information, contact Northwestern Memorial Hospital’s Alberto Culver Health Learning Center (HLC) at [hlc@nm.org](mailto:hlc@nm.org), or by calling 312.926.5465. Health information professionals can help you find the information you need and provide you with personal support at no charge.

For more information about Northwestern Medicine, please visit our website at [nm.org](http://nm.org).

*Para asistencia en español, por favor llamar al Departamento de Representantes para Pacientes al 312.926.3112.*

The entities that come together as Northwestern Medicine are committed to representing the communities we serve, fostering a culture of inclusion, delivering culturally competent care, providing access to treatment and programs in a nondiscriminatory manner and eliminating healthcare disparities. For questions, please call either Northwestern Memorial Hospital’s Patient Representatives Department at 312.926.3112, TDD/TTY 312.926.6363 or the Northwestern Medical Group Patient Representatives Department at 312.695.1100, TDD/TTY 312.926.6363.

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