



**University  
Hospitals Sussex**  
NHS Foundation Trust

# Discharge advice for patients following daycase cardioversion

Patient information

## What happened during this procedure?

You have had a short-acting general anaesthetic, and then treatment which aims to get your abnormal heart rhythm (arrhythmia) back to a normal pattern.

This has involved sending electric signals to your heart through electrodes placed on the chest.

## Will it hurt?

You may find your skin a little sore for two to three days after the procedure, particularly where the pads were placed. You may also have some bruising on the chest which will fade in a few days.

You may take paracetamol for this discomfort and we may give you some hydrocortisone cream before you go home if your chest is red.

You should have someone to stay with you for 24 hours following the procedure as you may feel drowsy and should rest especially if you feel sick or dizzy.

## **Should I limit my activities?**

Please refrain from smoking or drinking alcohol for the rest of the day after this procedure.

You must not drive a car, sign a legal document, or operate machinery for 24 hours following the procedure.

## **Should I keep taking my medications?**

You should continue with your medications as instructed until your outpatient appointment.

If you are on warfarin, please continue having your warfarin blood test as instructed by the anti-coagulation clinic.

## **What happens next?**

You will receive a letter to offer you an appointment in the outpatient clinic in about three months time.

# Contact details for the Cardiac Care Unit

If you have any concerns specific to your cardiac procedure during your first week at home, please contact us:

**Telephone:** [01273 696955](tel:01273696955), Ext. [64484](tel:01273696955).

You can call this number at any time.

Or

## **Arrhythmia Nurse Specialists:**

**Telephone:** [01273 696955](tel:01273696955), Ext. [67041](tel:01273696955).

Monday - Friday, 8am to 4pm.

**Email:** [uhsussex.rrhythmia.nurses@nhs.net](mailto:uhsussex.rrhythmia.nurses@nhs.net)

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**

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