

POST ANGIOGRAM - STENTING OR ATHERECTOMY

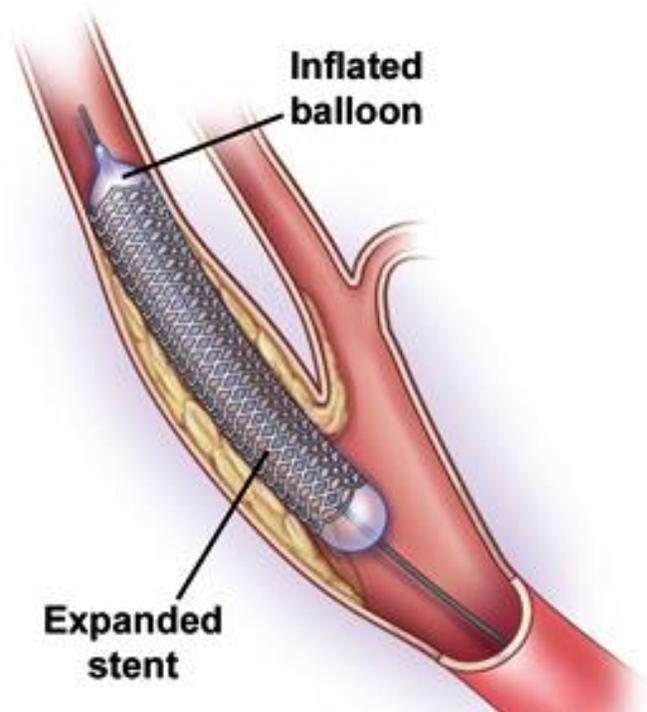
Outpatient Surgery Post-Operative Discharge Instructions PATIENT EDUCATION

CARE OF THE SURGICAL SITE

- Please remove the dressing the next day if there is one. You do not need to put anything on the area.
- Note: If slight bleeding occurs, you can hold pressure over the area for 10 minutes and put another dressing on the area.

PAIN MANAGEMENT

- Resume pre-procedure medication.
- Begin taking Plavix the next day after discharge, if provided. If not provided and you still require a prescription, please call your physician's office.
- Please drink plenty of clear fluids, primarily water, to flush the dye from you.
- You may take Tylenol (Acetaminophen) every 6 hours for pain. If the pain is severe, please take the narcotic prescribed by your physician.



DIET

- Please resume pre-procedure diet.
- **To prevent constipation often caused by prescription pain pills:**
 - Drink 6-8 (8 oz) glasses of fluids (water, milk, juices) daily to keep bowel movements soft and formed.
 - Increase your fiber intake (fruits, vegetables, bran) when able.
 - Take Metamucil and stool softeners as directed. **Do not strain with bowel movements.** If your stools become loose, hold stool softener for 2 days or until your stools return to normal.
 - If your bowels have not moved in 2 days, take a gentle laxative like Milk of Magnesia.
- You may feel sick to your stomach up to 24 hours after a general anesthetic. For relief, eat light and try Dimenhydrinate (Gravol). This can be bought without a prescription.

ACTIVITY

- **You must have an adult take you home by car or taxi. If you are an outpatient you must have someone stay with you overnight at home. You should not drive for at least 24 hours after surgery due to the effects of surgery and drugs you have received.**
- You may resume your normal activities in 24 hours unless instructed otherwise.
- Do not drive for 24 hours.
- Do not lift anything above 10 pounds for at least 24 hours.

SPECIAL INSTRUCTIONS

- You may shower in 24 hours.
- Bruising and slight swelling are expected around the catheterization site, do not be alarmed.
- Apply pressure with your hand if slight bleeding occurs (for 10 minutes)

FOLLOW UP

- Keep your follow up appointment with your surgeon (usually in 1-2 weeks). If you do not receive an appointment or need to change it, please call the surgeon's office to make other arrangements.

CALL YOUR SURGEON OR GO TO EMERGENCY ROOM IF YOU HAVE:

- Fever 38.5 degrees Celsius (101 degrees Fahrenheit) or greater, or chills, lasting longer than 24 hours
- Increased redness, soreness, swelling or foul-smelling drainage from the incision
- Inadequate pain relief
- Weakness or loss of use of arm or leg on one side of the body
- Temporary blindness, vision changes or slurry speech
- Shortness of breath
- Nausea/vomiting lasting longer than 24 hours and not relieved with Dimenhydrinate (Gravol)
- If you experience bleeding, increased swelling or a golf ball sized swelling at catheter puncture site, apply pressure for 20 minutes with your fingers to stop bleeding. If bleeding continues, hold pressure and go to the nearest Emergency Room or call 911.

DISCLAIMER: The content contained in this patient education is presented solely with the intent of providing public service information on health and health-related issues. This information is neither intended nor implied to be a substitute for professional medical advice. Always consult your physician or other qualified health provider prior to utilizing any of the information presented in this patient education. UHC makes no warranty, representation or guaranty as to the content, accuracy, timeliness or completeness of the information presented in this patient education or that the information may be relied upon for any reason.

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