

Discharge Instructions

Carotid Stent

Activity

- ◆ Do not lift anything heavier than 5 pounds (half gallon of milk) for 1 week.
- ◆ No driving for 3 days or while taking prescription pain medications. You may ride in a car.
- ◆ Walk as often as you wish. Walk short distances at first and increase slowly. Avoid exercising in extreme temperatures.
- ◆ If you smoke, please quit. Smoking increases your chances of developing heart disease, carotid artery disease, lung cancer, and peripheral vascular disease. It can also delay wound healing.

Personal Hygiene/Shower

- ◆ You may shower the next day after your procedure. Clean the groin area with soap and water. Pat dry with a clean towel. There is no need for a bandage.
- ◆ Do not soak in a tub, whirlpool, or hot tub for one week after the procedure.

Diet

- ◆ Resume the diet you were on before your surgery unless otherwise directed.
- ◆ For most people a low saturated fat and cholesterol diet which is high in fruits, vegetables and whole grains is a good healthy diet unless otherwise directed by your doctor.

Incision

- ◆ Most of the time there is only a tiny puncture in either the groin or arm from the catheter insertion. It may be tender, swollen and bruised for a few days. There may be a small area of discoloration or a small lump in the area of the puncture. This is normal.
- ◆ If you have a little bleeding from the puncture site in your groin or arm, lie down and apply pressure for 20 minutes. Hold firm pressure and do not peek to see if it is still bleeding. If the bleeding continues after holding pressure for 20 minutes or you are not able to stop the bleeding, call 911 immediately.

Medications

- ◆ You may take over the counter acetaminophen (Tylenol) for mild discomfort. Take it as directed on the manufacturer's packaging. Generally a prescription pain medication is not needed for this procedure.

You have been prescribed

- ☐ Aspirin 81 mg daily
- ☐ Plavix 75 mg daily
- ☐ Coumadin
- ☐ Other _____

- ◆ It is **VERY** important that you take these medications as directed. They help keep the stent open.



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Call Your Surgeon for Any of These Symptoms @ (478) 743-9762

- ◆ Sudden or severe headache. A headache that will not go away.
- ◆ Changes in your eyesight, problem speaking, or problem swallowing.
- ◆ Weakness on one side of your body.
- ◆ Increasing pain, not relieved by pain medication.
- ◆ Fever above 101 degrees.
- ◆ Increased swelling or bruising at catheter insertion site. Pus colored drainage from the insertion site.

If you cannot reach your doctor, go to the nearest emergency room for immediate assessment.

Follow-up appointment

- ◆ A follow-up appointment will be given to you before you leave the hospital. You will be seen by your vascular surgeon in approximately 4 weeks after your procedure. During this visit you will undergo carotid artery duplex scanning. It is extremely important that keep your appointment because we need to make sure the stent is functioning properly. Please make a follow-up appointment with you primary care physician within 1-2 weeks of your procedure.