

# Discharge Instructions

## Lower Extremity Angiogram: Angioplasty (Balloon) or Stent

### Activity

- ◆ Slowing increase your activity. Walk short distances on flat surfaces 3-4 times per day for the first week after the procedure. If this is well-tolerated you may increase the distance. Avoid exercising in extreme temperatures.
- ◆ Limit stair climbing to 2 times a day for the first 2 days after the procedure.
- ◆ Do **NOT** perform any strenuous activity such as yard work, sports, running, pushing or pulling type activities until you return for 1 week after the procedure. No lifting over 5 lbs (a half gallon of milk) for 1 week.
- ◆ You may drive 72 hours (3 days) after your procedure. You may ride in a car. Before resuming driving, make sure you can firmly extend your foot to the brake without pain, for some people this may be longer than 72 hours (3 days).
- ◆ If you smoke, please quit. Smoking increases your chances of developing heart disease, carotid artery disease, lung cancer, and peripheral artery disease.

### Personal Hygiene/Shower

- ◆ You may shower on the day after your procedure. Do **NOT** sit down in water for a tub bath, whirlpool, hot tub or swimming pool for 1 week
- ◆ Gently wash the catheter insertion site with soap and water when you are in the shower. Pat dry with a clean towel. Do **NOT** scrub over the area. Make sure to keep the groin area clean and dry. Do **NOT** apply lotion or creams to the catheter insertion site.

### Diet/Eating

- ◆ You may resume your normal diet when you return home unless otherwise directed.
- ◆ For most people a low saturated fat and low cholesterol diet which is high in fruits, vegetables and whole grains is a good healthy diet, unless a specific diet plan has been otherwise advised.

### Incision

- ◆ Many patients will not have an incision. There is generally a tiny puncture wound in the groin or bend of the arm. If there is a dressing still in place when you go home remove it in the shower the next day.
- ◆ 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.
- ◆ If you have an incision: It is normal for there to be some redness or swelling for the first week after the procedure. There will be a raised ridge along the incision line for several weeks. This is normal.
- ◆ Dermabond is adhesive glue that is many times used to close the incision. There are sutures under the skin. These will dissolve over time. The glue will appear shiny at first and then become sticky, darken and begin to peel away. Do **NOT** scrub the incision, this glue will dissolve and come off in 1-2 weeks after the procedure on its own.



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## Medications

### 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.

- ◆ Most people do not have very much pain following this procedure. If you have some mild discomfort at the catheter insertion area you can take over-the-counter pain medications such as Acetaminophen (Tylenol) or Ibuprofen (Advil) unless you have been instructed not to take these medications for another health reason. Take them as directed on the package.

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

- ◆ Bleeding at the catheter insertion site or incision that does not stop when pressure is applied.
- ◆ A painful swelling occurs over a catheter insertion site.
- ◆ The catheter insertion site has increasing pain, redness, swelling or draining pus.
- ◆ Your leg becomes cold, painful or numb.
- ◆ You have chest pain or shortness of breath.
- ◆ You have chills or a fever over 101 degrees F.
- ◆ You have leg or foot swelling that does not improve with frequent elevation above the level of the heart.

## Follow-up Appointment

- ◆ A follow-up appointment will be made for you before you leave the hospital with your surgeon. It will be 4 weeks from your procedure date. Make every effort to make this appointment. We will check your incisions for healing, and make important follow-up imaging appointments. It is **EXTREMELY** important that these follow-up appointments are scheduled and kept to make sure your new stent is functioning properly.

## Returning to Work

- ◆ Plan on being off work for at least 1 week. Returning to work will depend on what procedure you have and if you have an incision or not. It will also depend on the amount of physical labor your job requires. If you have a job that does not require physical labor you may be able to return to work in 72 hours. We will discuss this with you before you leave the hospital.