

ANGIOGRAM/ANGIOPLASTY/STENTING

DISCHARGE INSTRUCTIONS

What to expect after your procedure:

- Rest quietly on the day of discharge.
- Some pain/discomfort at your puncture site may be experienced.
- You can take analgesia as discussed with your Dr eg: Paracetamol, however, do not take more than eight tablets within a twenty-four (24) period.
- Continue to drink up to two litres of fluid, during your waking hours, for twenty-four (24) hours post procedure.
- Do not participate in any strenuous activities for two (2) days after discharge eg: sports, gardening, housework, lifting, carrying.
- Keep an eye on the puncture site over the next week. The best time to check it is in the mornings prior to you getting up.
- Observe any increase in swelling or fresh drainage. If you have bleeding from the puncture site, apply pressure for ten (10) minutes.
- You may shower once you are home, it is advisable to avoid baths for at least a week while your puncture wound heals.
- Remove your dressing after twenty-four (24) hours. Do not drive a car for twenty-four (24) hours post discharge OR if feeling light headed or dizzy.

What to do:

- Take medications prescribed by your Doctor
- Your doctor will recommend that you take Aspirin or other medicine called Clopidogrel (Plavix) when you go home.
- These medicines keep blood clots from forming in your arteries and in the sent. DO NOT STOP TAKING THEM without talking to your doctor first.
- If you are taking medicines for blood pressure or diabetes, take them as you have been advised prior to discharge.

WHEN TO CALL YOUR DOCTOR

Call your doctor if you have any of the following problems:

- If you have a headache, become confused, dizzy, faint or have numbness or weakness in any part of your body..
- You have problems with your eyesight or cannot talk properly

WHEN TO CALL YOUR DOCTOR CONT...

Call your doctor if you have any of the following problems:

- The small incision from your catheter becomes red or painful or yellow or green discharge is draining from it.
- Your legs are swelling
- You have chest pain or shortness of breath that does not go away with rest.
- You have chills or a fever

Please contact either Perth Vascular Clinic – 08 9382 9100 or your GP

SJOG Subiaco Hospital – 08 9382 6111 (ask for Ward 71 Nurse Manager or After Hours Nurse Manager)

OR

any hospital Emergency Department if you experience any of the above following your procedure.

Please note: **Opening Hours:** from 8.30am – 4pm Monday to Thursday and from 9am – 12pm on Friday

T: 9382 9100

F: 9382 9101

E: reception@perthvascularclinic.com.au