

CAROTID ARTERY & STENT

DISCHARGE INSTRUCTIONS

What to expect after your procedure:

- Rest quietly on the day of discharge.
- Do not drive a car for twenty-four (24) hours post discharge OR if feeling light headed or dizzy.
- Do not participate in any strenuous activities for two (2) days after discharge eg: sports, gardening, housework, lifting, carrying.
- Walking short distances on a flat surface is ok. Limit going up and down stairs to two (2) times a day for the first forty-eight (48) hours.
- You may resume normal activities within a few day **but take it easy**.
- Support puncture site by applying pressure to the groin when doing activities that may cause bleeding eg: coughing, laughing or sneezing and going into and from a seated position.
- Monitor the injection site for pain, lump/swelling, redness, bleeding or bruising (common within the first week post procedure, however extensive bruising should be assessed by a GP). A small bruise is normal as is an occasional drop of blood at the site.
- If your incision bleeds or swells up, lie down and apply pressure for fifteen (15) minutes. If the bleeding or swelling does not stop or gets worse, call your doctor and return to the hospital or go to the closest emergency room.
- Monitor the injection site for pain, lump/swelling, redness, bleeding or bruising (common within the first week post procedure, however, extensive bruising should be assessed by a GP). A small bruise is normal as is an occasional drop of blood at the site.

What to do:

- Your doctor will recommend that you take **Aspirin** or other medicine called **Clopidogrel** (Plavix) when you go home. However, they may cause you to bruise more easily.
- 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