

CAROTID ENDARTERECTOMY & PATCH

DISCHARGE INSTRUCTIONS

What to expect after your procedure:

- Do not be concerned if you have some numbness along your jaw line, the incision line and near your earlobe. This is a result of the incision and usually goes away in six to twelve (6-12) months.
- You may have a slight neck ache for about two (2) weeks.
- Rest quietly on the day of discharge and for the first few days after surgery, relaxing at home. Its ok to do quiet activities such as reading or watching TV.
- Do not drive a car for one to two (1-2) weeks post discharge OR if feeling light headed or dizzy.
- Gradually increase your activity, it may take some time for you to return to your normal activities.

What to avoid after your procedure:

- Do not drive until your incision is healed and you can turn your head without discomfort and you are confident to be in full control of your vehicle.
- Do not lift, push or drag anything heavy for at least two to three (2-3) weeks.
- Avoid strenuous activity for seven to ten (7-10) days post surgery.
- Do not wear clothing that is restrictive or tight around your neck.

What to do:

- Take short frequent walks increasing the distance gradually.
- You may shower when you get home. It is ok if the surgical tape on your incision gets wet. DO NOT soak, scrub or have shower water beat directly on the tape.
- If you are a male, shave carefully around your incision, you may want to use an electric razor.
- Check your incision every day for signs of infection (redness, swelling, drainage or warmth). DO NOT put lotion, cream or herbal remedies on it without asking your Dr first.

WHEN TO CALL YOUR DOCTOR

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

Problems at the incision site, such as swelling, redness, bleeding, warmth, leaking of fluids, or increasing pain

WHEN TO CALL YOUR DOCTOR CONT...

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

- You have a headache, become confused or have numbness or weakness in any part of your body.
- You have problems with your eyesight, you cannot talk normally or you have trouble understanding what other people are saying.
- You have trouble swallowing
- You have chest pain, dizziness or shortness of breath that does not go away with rest.
- You are coughing up blood or yellow or green mucus.
- You have chills or a fever over 38.3C.
- Your incision becomes red or painful or yellow or green discharge is draining from it
- Your legs are swelling

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