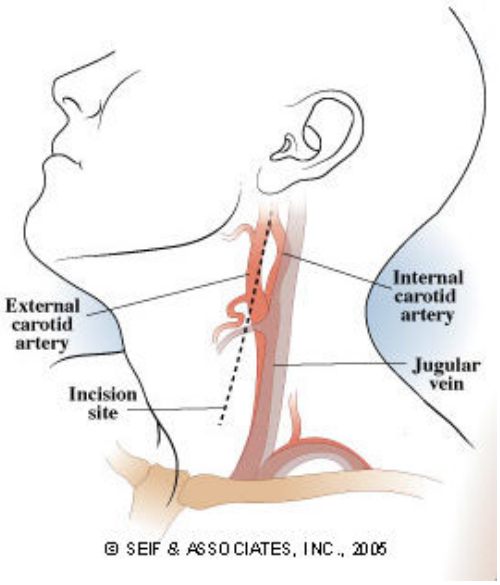
Carotid Angiography with Stenting
Care after Procedure

Please read the instructions outlined below and refer to this sheet in the next few weeks. These discharge instructions provide you with general information on caring for yourself after you leave the hospital. Your surgeon may also give you specific instructions. While your treatment has been planned according to the most current medical practices available, problems sometimes still happen. If you have any problems or questions after discharge, please call your surgeon or the number you were given to call.



HOME CARE INSTRUCTIONS

- Take prescribed medication as directed. Only take over-the-counter or prescription medicines for pain, discomfort, or fever as directed by your caregiver.
- Sometimes a medication that makes it harder for your blood to clot is prescribed after surgery. This is called a blood thinner or anti-coagulant. These medications should be taken as directed.
- Make an appointment to see your caregiver when instructed.
- Use showers for bathing until seen by your caregiver or as instructed.
- Change dressings if necessary or as directed.
- You may resume your normal diet and activities as directed or allowed.
- Avoid lifting until you are instructed otherwise.
- Stop smoking if this has been a problem. This is a grave risk factor.
- Stop oral *contraceptives* (the pill) if currently used unless your caregiver recommends otherwise.
- Maintain good blood pressure control.
- Exercise regularly or as instructed.
- Lower your blood *lipids* (cholesterol and triglycerides).
- Eat a heart healthy diet. Manage heart problems if these are contributing to risk.

SEEK MEDICAL CARE IF:

- There is increased bleeding from the catheter insertion site.
- You notice redness, swelling, or increasing pain in the catheter insertion site.
- An unexplained oral temperature above 102º F (38.9º C) develops.

SEEK IMMEDIATE MEDICAL CARE IF:

- You develop a rash.
- You have difficulty breathing or feel faint.
- You develop any reaction or side effects to medications given to you.
- You develop chest pain, shortness of breath or develop pain or swelling in your neck or have a return of symptoms or problems that caused you the have this procedure.
- You develop a temporary loss of vision
- You develop a temporary numbness on one side.
- You develop a temporary inability to speak (*aphasia*).
- You develop temporary areas of weakness in an arm or leg or have difficulty with movement.
- There are any problems or concerns you have, which have not been answered.

Do not delay if you develop any of the *symptoms* (problems) listed above. They could lead to a stroke or

permanent problems in your nervous system.

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