

## **AFTER YOUR CAROTID ARTERY SURGERY INSTRUCTIONS**

You are now ready to leave the hospital. Here are the recommended guidelines for your use at home. If you have any questions, you may contact our office at the telephone numbers below.

### **ACTIVITY**

- ♥ Please avoid heavy lifting and straining for two weeks after your surgery.
- ♥ You may drive one week after your surgery.
- ♥ Increase your activities to normal as you feel able. Please walk twice daily, outdoors is best.
- ♥ It is normal to feel more tired some days than others. Becoming more active and returning to work will depend on how strong you feel as well as the doctor's advice.

### **BATHING AND INCISION CARE**

- ♥ Shower daily.
- ♥ Use mild antimicrobial soap (Dial<sup>®</sup> or Safeguard<sup>®</sup>) on incisions. Wash gently and pat dry.
- ♥ Ointments, lotions, powders, salves, etc. slow the healing of the incision and increase the risk of infection. Please do not use anything except soap and water unless instructed by the surgeon's office.
- ♥ All bandages may be removed and left off.
- ♥ Call the SURGEONS at 563-2500 or 800-734-4278 if the incision becomes red, swollen, or tender, drains, or you have a fever of 100.5°.
- ♥ Gentlemen, if needed, shave the incision with an electric razor only.

### **POSSIBLE CHANGES FROM THE SURGERY**

- ♥ Swelling, bruising, and numbness around the incision can be expected. Hoarseness can persist.

### **MEDICATIONS**

- ♥ You will be given a separate sheet listing your medications.
- ♥ A variety of discomforts and aches may be present for several weeks. Two tablets of Tylenol<sup>®</sup> every 6 hours can be used. Pain medication may be prescribed at the time of discharge.

We are pleased to answer your questions or discuss your condition with other health care professionals.