

AFTER YOUR CAROTID ARTERY STENTING PROCEDURE INSTRUCTIONS

You are now ready to leave the hospital. Here are some guidelines to help you when you return home.

1. Activity

- ♥ You should not drive for a couple of days.
- ♥ Limit activity and avoid excessive walking for the rest of the day. Increase your activities to normal, as you feel able.
- ♥ Refrain from activities that may strain the puncture site in your groin. Apply pressure to the site when you cough, sneeze or strain.
- ♥ Do not operate heavy machinery/equipment for the next two days.
- ♥ Avoid vigorous activity (for example, running, brisk walking, biking, horseback riding) or lifting anything over 15 pounds for the next five days.
- ♥ Avoid quick changes in position, such as standing up quickly, for the next couple of days as you may become dizzy or lightheaded with this activity.

2. Bathing and Wound Care

- ♥ Do not put creams, ointments or lotions on the groin area.
- ♥ Showering the next day is OK, with warm water and soap on the groin puncture site.
- ♥ Do not take a tub bath or swim until the groin area is healed.
- ♥ Bruising, and/or a small lump may be noted in the groin area, but this usually resolves within a few weeks.

3. Medications

- ♥ You will be given a separate sheet listing your medications.

4. Call Us (505) 563-2500 or (800) 734-4278 for Any of the Following Problems

- ♥ Fever within the next 48 hours.
- ♥ Severe pain or numbness at the site or in an arm or leg.
- ♥ An enlarging lump in the groin area.

5. Call 911 Immediately for Any of the Following Problems

- ♥ Sudden changes in vision, weakness or tingling in arms or legs especially on one side, slurred speech, sudden severe headache without an obvious cause.
- ♥ If you have bleeding from the groin area or the lump seems to get larger suddenly, apply pressure with your hand to the area of swelling or bleeding and call 911 immediately.

6. Required Office Visits

- ♥ You will be scheduled to follow up with your cardiologist in one month, and receive a carotid ultrasound in the office.

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