

# DISCHARGE INSTRUCTIONS

## Angiogram and Balloon Angioplasty Repair Care Instructions

### ACTIVITY

- ✦ You may resume your normal activities in 24 hours unless instructed otherwise.
- ✦ Do NOT drive for 24 hours.
- ✦ Do NOT lift anything greater than 10 lbs for 48 hours.

### MEDICATIONS

- ✦ Resume your pre-hospitalization medications unless instructed otherwise.
- ✦ For Pain: Take Extra Strength Tylenol, 2 tablets every 4 to 6 hours as needed.
- ✦ Drink extra fluids for the next 24 hours to flush the contrast dye from your system.

### INCISION (SITE) CARE:

- ✦ Replace hospital dressing with an adhesive bandage like Band-Aid after the first 24 hours. The adhesive bandage may be removed 2 days after the procedure.

### DIET

- ✦ Resume pre-hospitalization diet.

### GUIDELINES FOR WARNING SIGNS/SYMPTOMS TO MONITOR

- ✦ You may shower 24 hours post procedure.
- ✦ Expect some bruising and swelling at the catheterization site. This is normal, as is a small amount of swelling in the leg or arm of the catheter site.
- ✦ Call the office immediately if you are experiencing any of the following:
  1. Bleeding or 'golf ball sized' swelling at the catheter puncture site. If bleeding, apply pressure with your finger to stop the bleeding. If the bleeding does not stop, go to the Emergency Room or call 911 for assistance.
  2. If your foot or hand becomes cold, blue, numb, painful, or extremely swollen.
- ✦ Call the office for any other problems or questions.

### FOLLOW-UP APPOINTMENT

- ✦ You should be seen 1 to 2 weeks after your surgery for your follow-up visit. If you do not have an appointment, please call the office today to schedule.

Scheduled Appt Date/Time: \_\_\_\_\_



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## BECOME A MORE INFORMED PATIENT

A more educated patient is a more compliant and, therefore, healthier patient. Follow these steps to become more educated about your vascular condition, treatment, and after-care requirements:

1. Go to our website at [www.cheyennevascular.com](http://www.cheyennevascular.com).
2. Click "Log In" in the upper right corner of the site.
3. Under *Patient Registration*, click "Sign Up."
4. In the *Practice Code* box, type "SWVASCULAR" and click "Continue."
5. Complete the registration form and click "Continue."
6. Follow the online instructions to complete the process.

### RECOMMENDED READING

- ✦ *Arteriogram*
- ✦ *Angioplasty and Stenting*
- ✦ *Risk factor management:*
  - Quitting Smoking
  - Exercising
  - Losing Weight