

DISCHARGE INSTRUCTIONS

Vena Cava Filter Placement 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-surgical 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 surgical 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-surgical 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 in the office 10 to 14 days after surgery for your follow-up visit. If you do not have an appointment, please call the office today to schedule your visit.

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.
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

- ✦ *Vena Cava Filters*
- ✦ *Pulmonary Embolism*