

DISCHARGE INSTRUCTIONS

Carotid Artery Surgery Care Instructions

ACTIVITY

- ✦ NO driving or heavy lifting for 7 days after your discharge from the hospital.
- ✦ You may walk and climb stairs as tolerated when you are home.
- ✦ You may bathe or shower the day after your discharge from the hospital.

MEDICATIONS

- ✦ Resume your pre-hospitalization medications unless instructed otherwise.
- ✦ Take 1 aspirin, Ecotrin or Ascriptin every day (adult strength 325 mg.)
- ✦ Take Extra Strength Tylenol, 2 tablets every 4 to 6 hours as needed for pain.

DIET

- ✦ Resume pre-hospitalization diet.

INCISION (SITE) CARE:

- ✦ You may leave your incision open to air. If there is any drainage from the incision, you may cover it with a 4x4 gauze pad after cleaning the incision with hydrogen peroxide.

GUIDELINES FOR WARNING SIGNS/SYMPTOMS TO MONITOR

- ✦ Mild temperature elevation or redness in a wound is normal after surgery.
- ✦ Expect some swelling around your incision. If there is excessive swelling or bleeding, call the office.
- ✦ Call the office for a temperature greater than 101 or significant wound problems.
- ✦ Patients sometimes experience numbness around the incision, jaw, and face on the same side as the surgery. This is normal after surgery and will resolve with time.
- ✦ If you develop temporary blindness, slurred speech, weakness and/or loss of use of your arms or legs on one side of you body, or other such problems, call our office immediately.
- ✦ For any other questions or problems, feel free to call us at (307) 362-7700.

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.

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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

- ✦ *Carotid endarterectomy*
- ✦ *Carotid artery disease*
- ✦ *Risk factor management:*
 - Quitting Smoking*
 - Exercising*
 - Losing Weight*
 - Eating to Lower High Cholesterol*
 - Eating to Lower High Blood Pressure*