



## **Post Angioplasty/Stent** **INSTRUCTIONS**

These instructions are intended as general recommendations for our patients who have undergone angioplasty (PTCA/Stent). Your physician may give you additional or alternative instructions.

### **Activity**

- Do not lift heavy objects (more than 10lbs.) or strain for 10 days after the procedure.
- After the first day home, you may drive or ride in a car.
- You may resume your walking or bicycling, but should avoid calisthenics, sit-ups, or strenuous activities for a week.

### **Wound Care**

- No bandage or dressing is needed at the site of the procedure.
- Be sure to remove the clear dressing from the procedure site in the groin area. It is preferable to do this on the first day home.
- You may place a “band-aid” on the incision site for a few days to prevent irritation from clothing.
- Your physician may have chosen to use a “closure device” in your groin. A “closure device” will allow you to be up and walking sooner after your procedure.
- You can expect to see some black-and-blue skin over the site, which may spread over the next few days and then dissipate.
- There may be a small, hard “knot” in the skin over the site that will resolve in a few weeks.
- If there is increasing swelling, bleeding, or pain at the site, you should seek emergency medical attention.
- There may be some mild discomfort at the site for which you should use acetaminophen (Tylenol\*).
- Please notify us for a temperature of over 101 degrees occurring within 3 days after the procedure.
- If there is more discomfort, please notify your cardiologist’s office.



## **Bleeding**

- If the site oozes blood, lie down and apply a 5lb bag of flour for 30 to 40 minutes then remove it.
- If site continues to bleed, go to the Emergency Room.
- For up to 10 days post-procedure, observe for internal bleeding at the catheter site as follows:
  - Increased swelling and tenderness
  - Shooting pain, numbness, tingling of the catheter site limb.

## **Diet**

- All patients need to follow a low-cholesterol, low-fat diet from the American Heart Association ([www.americanheart.org](http://www.americanheart.org)).
- If you are diabetic or need to lose weight, additional dietary consultation can be provided. We recommend careful follow-up of Hemoglobin A1C. This lab will give you an average of your glucose level for a month.

## **Smoking**

- If you are smoking, you need to speak with your family physician regarding a smoking cessation program. You should not smoke for the rest of your life!

## **Exercise**

- We encourage regular aerobic activity and would recommend that you build up to 30 to 40 minutes of continuous activity at least 5 days a week.
- Activities may consist of walking, bicycling, or swimming. If you haven't recently exercised regularly, we recommend starting at 5 minutes a day and increasing by 5 minutes a week.
- Walking should be on level ground, generally at a pace of 3 to 4 miles per hour.
- Physical activity improves blood circulation throughout your body (lungs, heart, and other organs and muscles work together better).
- Physical activity also helps you handle stress, release tension, relax, and sleep.

## **General Instruction**

- If in doubt, call your doctor or call your cardiologist.