

After Carotid Stenting

Royal Columbian Hospital Cardiac Catheterization Lab

Follow-up

- Arrange to see your family doctor in **one (1) week**.
- Arrange to see the specialist who did this procedure in **4 weeks**. To make the appointment, call the phone number on the card attached here.

{Staple doctor's card here}

- We arrange for you to go for an ultrasound test a few days after this procedure. If you remain in the hospital over the next few days, the ultrasound might be done before you go home.
- You will be booked for 1 more ultrasound test to be done 6 months after today's procedure.

Taking care of yourself at home

Rest for the remainder of today.

Drink extra water or juice for the rest of the day.

Try not to drink tea or coffee.

Return to your everyday activities tomorrow.

Exceptions

- For the next 2 days, do not lift anything over 10 pounds (5 kilograms) such as a child, bags of groceries, laundry baskets.
- For the next 3 days, do not exercise. Walking for short distances is okay.

For the next several days

After a carotid stent, your blood pressure will be lower than it has been. The low blood pressure can make you feel lightheaded or dizzy. This is normal. Your brain is getting used to having more blood flow and your body is getting used to a lower blood pressure.

To help relieve the dizziness, change positions slowly. When moving from lying down to standing, sit up slowly. Sit for a minute before standing. Stand up slowly.

Care of your groin site

For the next 24 hours, keep the bandage dry. Remove the bandage at the end of the 24 hours.

For the next 7 days:

- Take showers.
- Do not take tub baths.
- Do not go in swimming pools or hot tubs.

What to watch for

You might notice bruising, soreness, and some swelling around the site in your groin. This is normal and heals with time.

When to call 9-1-1

If you notice **bright red bleeding** and/or **sudden severe pain and swelling** in or around your groin site:

- Put firm pressure over the groin site.
- Call 9-1-1 right away.
- Hold pressure on your groin area or have someone hold it for you until emergency personnel arrive.

When to call your family doctor

See your family doctor as soon as possible if you have any of the following:

- A fever over 38.5°C (101.3F).
- Pus coming from the groin site.
- Redness and swelling around the groin site.
- Skin around the groin site is warmer than normal to the touch.

About your medicines

Slight pain or discomfort in the groin area over the next 1 to 2 days is normal. To help ease the pain, take acetaminophen (Tylenol or store brand).

If the pain gets worse over the next 2 days or lasts longer than 2 days, see your family doctor as soon as possible.

Continue to take your regular medicines unless your doctor has told you to make a change.

One medicine that might change is your blood pressure medicine. Your doctor will either change how you are to take this medicine or give you a new prescription.

Your doctor will also ask you to take:

- Plavix (a blood thinner) for 1 month. (You will get a prescription for this)
- ASA (Aspirin or store brand) 81 mg, one pill every day for life.

If you have questions, it's good to ask:

- Your family doctor
- The doctor who did your procedure
- HealthLinkBC - call 8-1-1 (7-1-1 for deaf and hard of hearing) or go online at www.HealthLinkBC.ca