

AFTER YOUR CAROTID ARTERY PROCEDURE INSTRUCTIONS

You are now ready to leave the hospital. Here are some guidelines to help you when you return home. If you have any questions, you may contact Presbyterian Heart Group at (505) 563-2500 or (800) 734-4278.

1. ACTIVITY

- ♥ You should not drive for a couple of days.
- ♥ Limit activity and avoid excessive walking for the rest of the day. Increase your activities to normal, as you feel able.
- ♥ Refrain from activities that may strain the site. Apply pressure to the site when you cough, sneeze or strain.
- ♥ Do not operate heavy machinery/equipment for the next two days.
- ♥ Avoid vigorous activity (for example, running, brisk walking, biking, horseback riding) or lifting anything over 15 pounds for the next five days.
- ♥ Avoid quick changes in position, such as standing up quickly, for the next couple of days as you may become dizzy or lightheaded with this activity.

2. BATHING AND WOUND CARE

- ♥ Do not put creams, ointments or lotions on the area.
- ♥ Showering the next day is OK, with warm water and soap on the site.
- ♥ Do not take a tub bath or swim until the area is healed.
- ♥ Bruising, and/or a small lump may be noted in the groin area, but this usually resolves within a few weeks to a month.

3. MEDICATIONS

- ♥ You will be given a separate sheet listing your medications.

4. CALL US (505) 563-2500 FOR ANY OF THE FOLLOWING PROBLEMS:

- ♥ Fever in the next 48 hours.
- ♥ Severe pain or numbness at the site or in an arm or leg.
- ♥ An enlarging lump in the area.

5. CALL 911 IMMEDIATELY FOR THE FOLLOWING:

- ♥ Sudden changes in vision, weakness or tingling in arms or legs especially on one side, slurred speech, sudden severe headache with no known cause.
- ♥ If you have bleeding from the area or the lump seems to get larger suddenly, apply pressure with your hand to the area of swelling or bleeding and call 911 immediately.

6. REQUIRED OFFICE VISITS:

- ♥ You will be scheduled to follow up with your cardiologist in one month, and receive a carotid ultrasound in the office.
- ♥ You will be required to follow up with the Neurologist in 6 months. You will be reminded by our office to schedule this appointment.

Presbyterian Heart Group
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