Beth Israel Deaconess Medical Center
A teaching hospital of Harvard Medical School
330 Brookline Avenue
Boston, MA 02215
www.bidmc.harvard.edu

information

Peripheral angioplasty/stent

Discharge instructions

If you have questions that are not answered by these instructions, please ask your nurse or doctor.

You have had a procedure to open up a blocked artery in your body. This may have included placement of a stent to help keep the artery open.

Please follow these instructions as you recover from this procedure.

Medications

- Take 325 mg. of **aspirin** each day.
- Your doctor may tell you to take **Plavix** (also called clopidogrel), 75 mg., each day as well. If your doctor prescribes Plavix, please be sure to take it for the entire time the doctor recommends.
- Your pharmacist may tell you it is unusual to take more than one blood thinner at a time. However, it *is* needed for patients who have had stents placed in an artery.
- You may take acetaminophen (Tylenol) every 6 hours as needed for pain in the area where the catheter was placed. If pain is not relieved with acetaminophen, contact your doctor.
- Before you leave the hospital, you will be given a list of all the medicines you should take once you are at home. Please be sure to ask any questions you have about medications. **If a medicine you normally take is not on the list, please ask whether you should continue taking the medicine.**

Activity

- You should not drive for 48 hours after the procedure.
- You should not bathe or swim until the puncture site is healed. This usually takes about a week.
- You may remove the Band-Aid over your puncture site and shower the day after the procedure.
- **For at least one week,** you should not lift, push, or pull anything heavier than 10

pounds or do any exercise that causes you to hold your breath and bear down with your abdominal muscles.

- One week after the procedure, you may resume your regular activities, including sexual activity.
- After one week, we suggest that you begin your exercise program at half your usual routine for the first few days, then gradually work back to your full routine.
- Ask your doctor when you may go back to work. This will depend on the type of work you do.
- You should make an appointment so see your own doctor within 2 weeks after you go home.
- **Get help right away** if you notice:
  - ✓ numbness, coldness, or pain in any extremity
  - ✓ pain, swelling, redness at the puncture site (You may notice a small bruise around the puncture site. This is normal and will go away in 1-2 weeks.)
  - ✓ symptoms like you were having before the procedure
  - ✓ fever of 101 or more

☎ **Don't wait to call for help**

For immediate help**: call 911**

Note: You underwent a procedure preformed under fluoroscopic (x-ray) guidance. Procedures involving lengthy exposures to x-rays may cause damage to the skin and/or hair. These adverse effects may be increased if one has had previous (especially recent) radiation exposure to the same skin area. Radiation injury to the skin can take many forms, including an area of redness, blistering, hair loss, or ulceration. These effects may appear after a few weeks or even after several months. If any of these occur on the side and back of torso (or elsewhere), please contact the interventional cardiology section at 617-632-7455 to arrange further evaluation.

This material was prepared by clinicians from the departments of cardiology and nursing at Beth Israel Deaconess Medical Center. It is produced and distributed by The Beth Israel Deaconess Learning Center. ©2006, Beth Israel Deaconess Medical Center. All rights reserved.
MC1580 7/06