



## DISCHARGE INSTRUCTIONS AFTER CORONARY INTERVENTION

### HOW TO TAKE CARE OF YOURSELF WHEN YOU RETURN HOME

#### PUNCTURE SITE CARE WITH AN ARTERIOTOMY CLOSURE DEVICE

- ♥ A lump the size of a quarter is not abnormal and will get smaller with time. If the lump gets larger call your primary care physician.
- ♥ Bruising at the site is normal. The bruise will go through many color changes. It may take several weeks to go away completely.
- ♥ Soreness will go away within a few days.
- ♥ If you develop bleeding or sudden swelling at the groin site: lie down, apply direct pressure above the site. If you develop bleeding or sudden swelling at the wrist or elbow puncture site: sit down and raise your arm above the level of your heart, apply direct pressure above and below the site with the opposite hand. If unable to stop the bleeding call 911 or have someone drive you to the closest emergency room.
- ♥ Numbness and tingling of the affected extremity should be reported to your primary care physician.
- ♥ Remove dressing (if applicable) 24 hours after your procedure.

#### ACTIVITY RESTRICTIONS FOR 48 HOURS FOLLOWING THE PROCEDURE

In order for proper healing of the puncture site to occur, it is important to follow these activity guidelines.

##### You should avoid for 48 hours:

- ♥ Excessive bending of the affected wrist (radial approach only) or excessive bending or stooping at the waist or knees (femoral approach only)
- ♥ Sex
- ♥ Driving
- ♥ Returning to your place of employment if it involves strenuous activity
- ♥ Excessive stair climbing more than a couple of times per day (femoral approach only)

##### You should avoid for 5 days:

- ♥ Sitting in a bathtub or pool of water or until puncture site has completely healed

##### You should avoid for 7 days:

- ♥ Lifting, pushing or pulling anything heavier than 10 pounds with the affected extremity (e.g., groceries, children, suitcases, wet laundry, and pushing a lawnmower.) or until puncture site heals

#### DIET

Follow a Heart Healthy diet. Choose heart healthy food and prepare food in ways that do not add extra fat, which will help keep blood cholesterol at a safe level. Ask to talk with a Nutrition Specialist if you have further questions.

#### RISK FACTOR MODIFICATION

Managing your "risk factors" helps to prevent and slow down the progression of heart disease. Ask your health care team what you can change to live a healthier life.

## MEDICATIONS

- ♥ **Aspirin** - 81mg to 325mg every day is used to prevent platelets from building up in the arteries. Take with food to prevent stomach upset.
- ♥ **Nitroglycerin** - should be carried with you at all times. Keep the tablets away from heat and exposure to air, light, and moisture. Ensure your tablets have not expired.
- ♥ **Acetaminophen/Tylenol** - 325mg, take 1-2 tablets every 4 hours for puncture site pain as needed.
- ♥ **Clopidogrel/Plavix** -75mg, take once a day as prescribed. A minimum of 1 month is recommended for bare metal stents and 12 months for drug eluting stents. The reason you need this medicine is to prevent a blood clot from forming in the stent. **Do not stop this medication without asking your physician.**
- ♥ Other medications as prescribed by your physician.

## RESTENOSIS – CAN A BLOCKAGE RETURN?

Anytime you undergo a procedure to open a blocked artery the cells in the artery wall react as though they have been injured. Several types of cells in the artery will multiply and form scar tissue. This is similar to healing and scar formation in many areas of our body. This healing is usually completed between three to six months after the procedure. The likelihood of a blockage returning after an angioplasty procedure is about 30%. The likelihood of a blockage returning after a coronary stent procedure using bare metal stents is 15-20% and for drug eluting stents is 5-10%. If a blockage does not develop within 3-12 months after your coronary intervention procedure, the likelihood of one ever developing is very low. Data now available on patients who have had stents implanted for more than five years indicates that the risk of blockages developing in later years is about 1-2% per year, or about the same risk of developing a new blockage in any heart artery.

## ADDITIONAL INFORMATION AFTER A CORONARY STENT PROCEDURE

Carry your stent wallet identification card.

## SYMPTOMS TO LOOK FOR TO ALERT YOU TO POSSIBLE MEDICAL PROBLEMS

Call your primary care physician if you experience any of these symptoms:

- ☎ Chest discomfort unrelieved with 1 nitroglycerin tablet or spray taken 5 minutes apart for a total of 3 in 15 minutes.
- ☎ Change in the usual pattern of your angina.
- ☎ Numbness, tingling of the affected extremity.
- ☎ Excessive bleeding from the puncture site.
- ☎ Redness, drainage, warmth or increase swelling from the puncture site.
- ☎ Fever above 100.5 F.
- ☎ Shortness of breath at rest or a change in your usual breathing pattern.
- ☎ Redness, drainage, warmth or increase swelling from the affected puncture site.

## FOLLOW UP

- ♥ Call your Primary Care Physician for an appointment in 1 - 2 weeks.
- ♥ Call your Primary Care Physician for questions after discharge. If unable to reach him/her call your cardiologist.
- ♥ In an emergency call 911 or go to your nearest Emergency Department.