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## **DISCHARGE INSTRUCTIONS AFTER ARTERIOGRAMS/ENDOVASCULAR PROCEDURES**

### **YOUR PROCEDURE:**

- You have had an arteriogram, which is a procedure involving the placement of a catheter into one of your arteries and the injection of contrast material to give your physician a map of those arteries.
  - If checked here, you have also had a balloon angioplasty, a procedure to widen a narrowed or blocked artery
  - If checked here, you have also had one or more stents placed, a small metal cage used to keep the widened artery open
  - If checked here, you have had a closure device placed, a small plug to seal the puncture in your artery

### **MEDICATIONS:**

- You have been given sedation during the procedure. This should wear off within the next 24 hours. Therefore, take it easy for the rest of today and tonight. Do not drive and do not drink alcohol for the next 24 hours. You may resume your regular medications tomorrow.
- Please discuss with your nurse any medications you may need for the rest of the day, especially if you are diabetic.
- It is important to be aware of any new medications prescribed by your surgeon as a result of this procedure, especially blood thinners.
- You may take acetaminophen (Tylenol) or other pain medications as prescribed by your doctor.

### **DIET AND ACTIVITY:**

- You may resume your previous diet when you get home
- Drink plenty of fluids to wash the contrast material out of your system
- For the remainder of the day, remain on light activity. After 24 hours, you may resume driving and other regular activity unless otherwise instructed
- Please do not lift anything heavier than 10 pounds, engage in prolonged walking or strenuous activity for the next 48-72 hours.
- You may shower gently the day following the procedure
- Please do not stay home alone the first night

**CARE OF YOUR GROIN/PUNCTURE SITE:**

- You will have a small plastic (Tegaderm) dressing over the puncture site
- You may shower the day following the procedure, but leave the dressing alone. When the Tegaderm loosens, or after 48 hours, you may remove the dressing and replace it with a dry clean band-aid. Avoid baths for 3-4 days.
- You may notice a few drops of blood on the bandage or skin. This is normal. However, if you are actively bleeding, this is an EMERGENCY – CALL 911 and your surgeon. Active bleeding means continuous flow of blood. If this occurs, lie back and apply firm pressure to the area around the puncture site until emergency personnel arrive.
- Bruising is common around the puncture site, and you may also notice a small pea-sized lump. These are normal and will usually disappear within a few weeks.
- If you have had a closure device, keep the information card you have been given with you for 90 days. If you undergo another procedure, be sure to tell your doctor about the closure device.

**CALL YOUR DOCTOR IF:**

- There is significant swelling at the puncture site
- There is active bleeding from the puncture site
- There is redness or drainage at the puncture site
- You have fever or vomiting
- You are unable to urinate
- You have sudden pain, numbness, or coldness in either arm or leg

**FOLLOW-UP:**

- Be sure you have a follow up appointment with Dr. Chang or Dr. Nath.  
Call us at 781-279-1123 if you have any questions.