



## **POST OPERATIVE INSRUCTIONS: ANGIOGRAPHY & ENDOVASCULAR**

After your angiogram/endovascular procedure there are several points we would like you to keep in mind. Most patients will be able to resume a fairly normal level of activity within a day or two of the procedure. We do ask that you adhere to the activity restrictions described, as well as note some of the other care instructions. We value your health, well-being, and comfort. If you have any questions or issues related to your angiogram/endovascular procedure, please feel free to call our office at **(615) 885-2778**.

### **Activity Restrictions**

Following discharge from the hospital, we will ask that you please refrain from any heavy lifting (i.e. no more than 10 lbs), straining, pushing or impact exercises (i.e. running, jogging, cycling) for the first 3 days. You may walk, climb steps, and even drive, so long as you do not have excessive bruising, swelling, or pain at the puncture site.

### **Dressing Removal**

You may be discharged from the hospital with a dressing over the puncture site. This may be removed any time following discharge from the hospital. Please inspect the puncture site daily for the first few days, and notify us for any significant changes; especially bleeding and swelling with increased pain.

### **Showering & Bathing**

You may shower within 24 hours of your procedure. We ask that you refrain from soaking in a bathtub, hot-tub, or pool for 24 hours.

### **Eating & Drinking**

You may resume a normal diet following your procedure. We encourage you to drink lots of water and non-caffeinated beverages for the first 2 days after your procedure.

### **Medication**

Outside of certain blood thinning agents, most medications can be continued immediately following your procedure. Medications such as coumadin and injectable heparin are potent blood thinners that can cause delayed bleeding from the puncture site. We usually ask that these blood thinners be held for 1-2 days following the procedure, and we will specify when to begin use of these medications. If you take aspirin, Plavix or Aggrenox, you may continue use of these medications, so long as there are no signs of delayed bleeding or bruising at the puncture site.

### **PLEASE CALL OUR OFFICE AT (615) 885-2778 IF YOU NOTICE ANY OF THE FOLLOWING SIGNS OR SYMPTOMS:**

- Increased swelling, bruising, or bleeding at the puncture site.
- Increased bruising down the leg or by the abdomen.
- Painful cold leg or foot, with or without discoloration.
- Increasing low back or leg pain.
- Redness, swelling, and/or drainage from the puncture site with fever.
- Swollen, painful calf with or without fever.

**\*If you are unable to reach our office and have noticed any of the above conditions, please report to the nearest Emergency Room for prompt medical attention.**