

Post Coronary Stent/Angioplasty Instructions

-Call the office number to schedule a follow up visit with Dr Doucet or Kim Flowers, Nurse Practitioner about a week after your discharge from the hospital. Please try to call as soon as possible after discharge to ensure that you get a timely appointment.

PLEASE BRING A LIST OF ALL OF YOUR MEDICATIONS WITH YOU TO YOUR VISIT

Medications you will be taking

-Aspirin or Ecotrin (enteric coated aspirin) 81 mg daily (unless allergic-then talk with you doctor about other options).

-Plavix 75mg daily for 6 months if you have had a stent or the doctor feels it would be a benefit for you. This therapy may be extended in special circumstances

-Your doctor may prescribe additional medications for you. These will be reviewed with you at the time of your discharge from the hospital.

Groin Care

-The plastic dressing should be removed the morning after discharge. You may leave the groin site open to air, or cover it with a bandaid. If you choose to keep it covered, replace the bandaid as needed should it become wet or soiled. A wet or soiled dressing could provide a site for infection to form.

-A small lump will form a day or two after the procedure. This is normal, and the small collection of blood will reabsorb over the next several weeks.

-If you have bruising at the site, be aware that this bruising will spread down your leg as your activity increases. It may spread to your knee or below. Like any bruise, it will take several days to several weeks for the blood to reabsorb. The area will turn yellow, then green, and then will fade.

-If you have extreme groin pain (some tenderness is expected), drainage from the groin site, or a fever, please call our office and ask to speak with the nurse.

Activity

-No heavy lifting (greater than 30 lbs.) for two weeks after your procedure.

-No tub baths, swimming pools, or hot tubs for at least 4 days after your procedure.

-No vigorous exercises, like running or jumping, for two weeks after your procedure.

Questions?

-Don't hesitate to contact our office with questions or problems

-Please call our office if you have persistent lightheadedness. If you are on certain medicines, some lightheadedness may occur upon arising quickly. Get up/change positions slowly.

-Call us if you have activity-related chest discomfort. It is normal to be more aware of any sensation in your chest (especially if you've had a heart attack), but call with suspicious symptoms, such as those mimicking the symptoms that brought you to the hospital.