



## GOING HOME AFTER AN ANGIOPLASTY/STENT WHAT YOU MUST KNOW

**We have treated blockages in your heart arteries with balloons and stents. We expect this to reduce your chance of angina and help you to lead a more active and healthy life.**

**You need to understand that there are some very important things for you to remember after your procedure. We have made a list which tells you what you should and should not do and what things are normal and not normal.**

NO driving for at least 24 Hours following your procedure. If you have had a "heart attack" you must not drive for at least 2 weeks, please discuss the exact timing with your cardiologist.

Avoid strenuous exercise for 3-4 weeks after your procedure. You can start a gentle walking programme the week after your stent. No digging or

shovelling or mowing or lifting more than 10kgs (the equivalent of 2 heavy shopping bags) for 3-4 weeks after the stent. Heavy physical activity early after a stent can cause a blood clot to form in the stent. This can be fatal.

You may resume sexual activity 2 weeks after your procedure, unless otherwise advised by your cardiologist.

Be aware of any developing lump in the groin at the site of catheter insertion. A lump up to a 50 cent piece in size may be normal. Bruising in the groin is fairly common. If the bruise is bigger than your hand or getting larger each day or increasingly painful – see your GP or call your cardiologist.

There may be some mild groin discomfort for several days after the procedure. Panadol can be helpful. Report any worsening pain or burning or numbness down the front of your leg.

If a discharge (like pus) develops at the site of skin puncture please contact your cardiologist immediately.

Many patients will experience vague chest pain after stenting. This is often due to stretching of the artery. These pains are always mild and short lived.

If you experience severe or prolonged chest pain, especially if like your previous angina, call an ambulance and return to hospital for assessment.

Ensure you have a follow-up appointment with your cardiologist.

Use common sense!

*Ask if you are unsure!*



## MEDICATION FOR YOUR STENT

- You must take aspirin at the dose prescribed by your cardiologist. You should not change the dose unless instructed to do so. Aspirin should continue lifelong. **NEVER** stop your aspirin without discussing it with your cardiologist first.
- You must take clopidogrel 75mg (Iscover or Plavix) daily, often for 6 months. Take it as prescribed by your cardiologist. Ask if you are unsure. This is to prevent blood clots from forming in your artery that has been treated by the balloon or stent. **NEVER** stop this medication without asking your cardiologist first.
- If you need a surgical procedure within 12 months of your angioplasty please ask the surgeon and anaesthetist to contact your cardiologist **BEFORE** you have your procedure to discuss if it is safe to stop your Iscover or Plavix and/or Aspirin. Stopping these medications at any time increases the chance of having a heart attack. Most surgery can be safely performed while taking aspirin.
- Your medications may change after the stent procedure. Take a careful note of any changes and **ASK** if you are unsure. **ALWAYS** take a list of your medications to any doctors appointment.

