



GATEWAY CARDIOLOGY, P.C.

Discharge Instructions: Post Angioplasty & Stents

DIET:

- o Please try to follow low fat, low salt, low cholesterol diet.
- o If Diabetic, resume previous calorie restricted diabetic diet.

ACTIVITY:

- o No driving for two to three days
- o No heavy lifting (Over ten pounds) for one week
- o No strenuous activity
- o Returning to work will require a post procedure follow up stress test in the office
- o Avoid prolonged exposure in extreme hot or cold environments

GROIN CARE:

- o Wash groin with soap and water daily in shower
- o Do not apply lotions or creams unless directed by physician

NOTIFY PHYSICIAN:

- o Redness or drainage from groin site
- o Increased bruising or swelling from groin site
- o Pain or numbness to groin site or affected leg that does not go away.
- o If puncture site starts to bleed again after discharge apply direct pressure and Call 911.
- o Call Gateway Cardiology should you experience a return of symptoms such as chest pain or shortness of breath.

MEDICATIONS:

- o Take the prescribed blood thinners as instructed and complete the medication until gone. (This will help prevent blood clots from forming on the stent inserted in your artery(ies).

**A small knot at the puncture site is normal scar tissue. However, if the knot/lump is getting larger and is painful, please call the office (314) 729-0088

FOLLOW UP CARE:

You will need to make any appointment with your primary care physician in 1 – 2 weeks.

Your appointment with the Cardiologist is on: _____

PLEASE DO NOT HESITATE TO CALL OUR OFFICE WITH ANY QUESTIONS OR CONCERNS.
(314) 729-0088