

## 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 health 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, shovelling, 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 vaguer 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!