

ALAN J. BERLIN, M.D.  
GENERAL, BARIATRIC AND VASCULAR SURGERY    DIPLOMATE, AMERICAN BOARD OF SURGERY  
214 MITYLENE PARK DRIVE    MONTGOMERY, ALABAMA 36117  
(334) 244-SURG (7874)    FAX (334) 274-0174

**DISCHARGE INSTRUCTIONS AFTER ARTERIOGRAM WITH/WITHOUT ANGIOPLASTY OR STENT PLACEMENT**

PATIENT: \_\_\_\_\_

- You should be able to walk without much discomfort before leaving the hospital.
- Mild weakness is common for a day or two after the procedure. Have someone drive you home from the hospital to prevent straining at the incision site (leg/arm). Avoid driving for 24 hours.
- Avoid heavy lifting (more than 20 pounds) and avoid strenuous activities the first week home. If in doubt, ask your physician. Otherwise, resume normal activities in 4-5 days.
- The rest of the day, you are encouraged to drink plenty of fluids (water and juice) to help your kidneys remove the contrast (dye) that was used during your procedure.
- Remove dressing from insertion site the morning after procedure and shower, but avoid sitting in a tub of hot water for 3 days. Apply clean Band-Aid dressing daily for the next 3 days.
- Ask you doctor when you may return to work. It is usually 3-5 days depending on your job.
- If you received a stent placement during this procedure, notify all medical personnel of placement.
- Use an ice pack at the op-site for 24 hours after the procedure. Bruising may appear several days at the site and may continue to cover a large area. You may use a heating pad (set on medium) for any discomfort persisting after 1½ days following the procedure. Mild leg swelling is common; if more than mild, then notify the office & elevate that foot above the waist.
- During the procedure you were given medications to help you relax. This medication will remain in your body for at least 24 hours, so you might feel a little drowsy and lightheaded. For this reason, it is important for you to rest the remainder of the day and night. This feeling will slowly wear off.
  
- Because this medication is still in your system for at least the next 24 hours THE PATIENT MUST NOT:
  - DRIVE A CAR, OPERATE MACHINERY OR POWER TOOLS
  - DRINK ANY ALCOHOLIC BEVERAGES (NOT EVEN A BEER), OR
  - MAKE ANY IMPORTANT DECISIONS OR SIGN IMPORTANT PAPERS
  
- If you smoke or use tobacco in any form, now would be a good time to quit. This will decrease your chances of your vascular disease progressing.

After discharge if you experience any of the following issues, contact our office (334) 244-7874:

- If a hematoma (blood accumulation under the skin surface or a lump larger than a walnut at the puncture site) develops, hold pressure at the wound site and call immediately.
- If active bleeding should occur, apply pressure to the site with fingers and call 911. Do not release pressure until medical help arrives.
- There is drainage or pus at the incision site.
- The bruising or swelling increases (some redness, tenderness and bruising is normal but should decrease over time).
- You feel any unusual chest pain or if there is extreme discomfort at the incision site.
- The arm or leg in which the catheter was inserted feels cold or numb.
- You develop a temperature of 100 degrees or higher.
- There is increased drowsiness or change in mental conditions.

--**NO** Metformin diabetic medicines (i.e. Glucophage) for 48 hours following the procedure.

Resume regular medications on \_\_\_\_\_

Appointment \_\_\_\_\_ @ \_\_\_\_\_