



3186 Village Drive, Suite 201

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Today you had a procedure known as _____ performed by _____. This procedure is considered an outpatient procedure, so you will be going home the same day. The following are the aftercare instructions you should follow. Please call the office if you have any concerns.

Angiogram aftercare instructions:

Peripheral angiography is normally performed through a needle puncture and sheath insertion in the femoral artery. As such, once the procedure is over, the greatest risk is for significant bleeding from the puncture site. Thankfully, this is relatively rare.

When the sheath is removed, we put in a closure device which decreased the amount of time you need to lay flat after the procedure. Even if you receive a closure device, you still have a risk of bleeding. Have you received a closure device? YES NO

What can I do after I go home?

*Most importantly is no heavy lifting or straining for two weeks after the procedure. Heavy lifting is generally considered over 20 pounds. Straining or lifting puts a lot of pressure on the area which is busy healing.

*Most people can go back to light duty work within a day or two after the angiogram (if you have a very active job, the doctor might advise you to wait longer.)

*You should wait at least 5 days before resuming your exercise regimen, and are required two weeks if it involves heavy lifting.

After 24 hours you can remove your bandage and shower normally.

What should you watch out for?

*A little soreness is expected and not uncommon. However, significant pain can be a sign that something is wrong. Call us, or be seen by a physician.

*Any bleeding is abnormal, even a small ooze. Call us immediately. If you have a lot of bleeding, or the blood flow is pulsating or bright red, don't waste time calling us, call **911**.

*Many patients have some bruising in the area. However, if the bruising is accompanied by a lump (often the size of a golf ball or larger), there may be bleeding under the skin. This can be serious and you should be evaluated by a physician.

*Signs of infection may include pain, warmth, redness (especially if it is spreading), or fever. Be on the lookout for these.

*Symptoms may not be confined to the area of the procedure. If you have new pain radiating down the leg or foot, or it suddenly becomes pale or cold, this may be related. Likewise any new or unusual back pain, problems urinating or bruising on the flanks or abdomen may be related. A decrease in urine output or unexplained swelling may represent a problem with the kidneys. In the unlikely event of any of these occurrences, you should seek medical attention immediately.

You have a follow up appointment schedule for _____ at our office. If you are unable to make that appointment, please call our office at 486-5700 to reschedule.

I understand the above discharge instructions:

Name/Date

Witness