

SURGICAL ASSOCIATES OF TRAVERSE CITY, P.L.L.C.

1221 Sixth Street, Suite 306 • Traverse City, Michigan 49684 • (231) 935-2400 • Fax (231) 935-2424

Discharge Instructions for Vascular Surgery, PTA – Percutaneous Transluminal Angioplasty, Angiogram, or Arterial Stent Placement

Wound Appearance and Care

- Puncture site to your groin will be covered with a clear plastic dressing called a tegaderm. This may be removed 24-48 hours after surgery.
- Shower as usual, no tub bathing until puncture site is healed.

Pain Management

- Some soreness at the groin site is to be expected. Tylenol or NSAIDS (Motrin, Advil, or Naprosyn) are suggested for pain control.
- Physician may give prescription for stronger pain medication.

Activity

- Refrain from heavy lifting or strenuous activity for 2 days.
- Walking is encouraged as tolerated.

Diet

- Resume normal diet as tolerated.
- Good nutrition is important to tissue healing.
- Eat a well-balanced diet including all food groups.
- Drink six to eight, 8 oz. glasses of water a day unless fluids are restricted.

Call if you have these symptoms:

- Increased swelling or bleeding at puncture site.
- Temperature of 101 degrees or higher.
- Chest pain, or difficulty breathing.
- A change in the temperature or color of your foot.
- Return of symptoms similar to those prior to procedure.

Follow up

- A postoperative appointment with ultrasound prior has been scheduled at your preoperative appointment.
- If a stent was placed, or intervention was performed, your follow-up visit will include an ultrasound followed by an appointment with your physician.
- If a stent was not placed, or if no intervention could be completed, ultrasound will not be necessary. Follow up will be an appointment with the physician only.

Additional instructions _____

Should you have any questions or concerns please call Surgical Associates nurses' station at 231-935-2417. If after 5:00 PM or on the weekend, call Munson Hospital at 231-935-5000 and ask for your physician to be paged. There is always a physician on call for our practice.