

# 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

## **Pre and Post Operative Instructions for PTA – Percutaneous Transluminal Angioplasty, Angiogram, or Arterial Stent Placement**

**PTA** is used to widen a narrowed artery or open a blockage. A stent may be used to hold the artery open. This procedure is done to improve blood flow to the leg and foot.

During the procedure you will receive medication through your IV to help relax you. General anesthesia may also be used. Heparin (a blood thinner) is given to prevent blood clots from forming during the procedure. The actual procedure takes 1-3 hours.

After the procedure, you will arrive in the recovery area with one of the following:

- 1. A closure device** – used to close the artery after your procedure. This is a tiny clip placed under the skin at the groin puncture site. You will be monitored in the recovery area for 1-2 hours. You will then be taken to the outpatient discharge area to be discharged home once stable.
- 2. A sheath** – a thin hollow tube the balloon is passed through. While the sheath is in your artery, you will be required to lay flat. Blood samples will be drawn through the sheath to test your clotting time. Once the clotting time reaches the desired level, the nurse will remove the sheath. This process may take several hours. After removing the sheath, pressure is held to your groin puncture site for 20-30 minutes. Pain medication will be given if needed. Once the sheath is removed, you will be required to lay flat for an additional 4-6 hours. You may be admitted to a hospital room during this period, and then discharged from there once stable.

### **Types of interventions that may have been done:**

- 1. A stent placement** – a tiny wire mesh tube inserted into the artery to hold it open. Depending on the anatomy of the artery and the plaque build-up, a stent may or may not be placed.
- 2. Artherectomy** – “roto-rooter” - a rotating blade is used to cut plaque from the inside of the artery and remove it.
- 3. Laser Artherectomy** – a laser device is used to obliterate plaque within the artery.
- 4. Angioplasty** – a balloon is inflated and deflated several times, pressing the plaque against the artery walls.

### **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.**