

## Angioplasty (procedure to widen blocked/narrowed arteries: aftercare

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You have had an angioplasty where the arteries treated have been stretched with a balloon, which has then been removed. Sometimes a stent is also inserted. A stent is a tubular support placed inside the artery to keep it open.

This was performed by Dr \_\_\_\_\_

Date and time: \_\_\_\_\_

Blood pressure/Pulse on discharge: \_\_\_\_\_

Clinical condition on discharge: \_\_\_\_\_

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### What to expect afterwards

- The time you have spent in hospital after the procedure is to ensure you are safe to go home. In particular you will have been monitored to ensure there is no bleeding.
- Rest, take it easy and avoid strenuous activity for the next 24-48 hours. You will require another responsible adult to be with you for 24 hours to be safe.
- You may have pain, bruising and discomfort near/around the incision site. This should improve over the next 24-48 hours. Please take painkillers for relief either at home or ask the nursing staff if in hospital.
- Slight oozing from your wound site is normal, if you see fresh blood or bleeding put pressure on it immediately. If it does not stop after 10 minutes of pressure then call for help - please attend the Emergency Department or call 999.
- You may experience pain down your leg or at your incision site. Please take painkillers for relief either at home or ask the nursing staff if in hospital.

### When to seek help

Please contact us if you experience:

- New fresh or increased bleeding
- Pain that is not controlled with painkillers
- New leg symptoms such as pain or changes in colour

In addition, please contact us for advice if at any time you are concerned about your treated leg.

Please bring this information sheet with you if you seek medical attention.

## Pain relief

If you have the following painkillers at home, take as follows if it is safe for you to do so:

- Paracetamol – do not take more than 8 tablets in 24 hours (unless you have been advised otherwise e.g. you have a reduced liver function).
- Anti-inflammatory – Ibuprofen, Aspirin, etc. You can take one of these in addition to paracetamol if you have moderate pain (unless you have been advised otherwise e.g. you have a duodenal ulcer).

As healing occurs, you will feel less pain. Once your pain is controlled and is mild, you should only take paracetamol. If your pain remains severe for more than three days or is not relieved by your painkillers, you should contact your GP.

## Looking after your wound

There may be a small bruise at the puncture site where a tube was placed in the artery, which is normal. Try to keep your wound dry for the next 24-48 hours after which you can remove the dressing and clean it normally. If you find your wound is still open, redress it with a plaster until it heals.

## When can I resume my normal lifestyle?

This will depend on how soon you recover. You should be able to resume most normal activities of daily living within 24 hours but please avoid driving or strenuous activities for 48 hours.

## When can I drive?

If you have been given local anaesthetic only, you may drive later in the day. You should consider whether your wound or pain may prevent you from driving i.e. being able to perform an emergency stop comfortably. If you were given sedation then you should not drive for the next 24 hours (see separate information sheet).

## What happens next?

Your follow-up will be explained to you on discharge. You will be contacted the day after your procedure by a nurse to see how you are doing. You are typically assessed in the Vascular Clinic 4-6 weeks after your treatment.

## Contact us

Radiology Day Case Unit on 0118 322 8368 (Monday-Friday 8.30am-5pm).

Out of hours please attend Royal Berkshire NHS Trust Emergency Department or your nearest Emergency Department.

### Further information

For further information about the Trust, visit our website [www.royalberkshire.nhs.uk](http://www.royalberkshire.nhs.uk)

This document can be made available in other languages and formats upon request.

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