

# VASCULAR SURGERY ASSOCIATES, L.L.C.

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## DISCHARGE INSTRUCTIONS

### Patient instructions for care after Carotid Artery Surgery

#### ACTIVITY:

- No driving or heavy lifting for 7 days after discharge from the hospital.
- You may ambulate and climb stairs as tolerated after you are home.
- You may bathe or shower the day after discharge from the hospital.

#### DIET:

- Resume pre-hospitalization diet.

#### MEDICATIONS:

- Resume all pre-hospitalization medications unless instructed otherwise.
- Take one Aspirin, Ecotrin, or Ascriptin every day. (Adult Strength 325 mg).
- Take Extra Strength Tylenol - 2 tabs every 4-6 hours as needed for pain.

#### DRESSINGS:

- You may leave your incision open to air. If there is any drainage from the incision you may cover it with a 4 x 4 gauze after cleaning the incision with Hydrogen Peroxide.

#### SPECIAL INSTRUCTIONS:

- Expect some swelling around your incision. If there is excessive swelling or bleeding call our office .
- Patients sometimes experience numbness around their incision, jaw, and face on the same side as the surgery. This is normal after this surgery and will resolve with time.
- If you develop temporary blindness, weakness and/or loss of use of your arms or legs on one side of your body, slurred speech, or other such problems call our office immediately.
- We will see you in the office in 1 to 2 weeks for your follow-up visit. If you do not have an appointment please call the office today.
- Mild temperature elevation or redness in a wound is normal after surgery. Call the office for temperature greater than 101 or significant wound problems.
- For any other questions or problems, please feel free to call us.