

# VASCULAR SURGERY ASSOCIATES, L.L.C.

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## DISCHARGE INSTRUCTIONS

### Patient care instructions after Balloon Angioplasty Procedures

#### ACTIVITY:

- You may resume your normal activities in 24 hours unless instructed otherwise.
- Do not drive or do any heavy lifting for 24 hours.

#### DIET:

- Resume your pre-hospitalization diet.
- Do not drink alcoholic beverages for 24 hours

#### MEDICATIONS:

- Resume your pre-hospitalization medications.
- Take Extra Strength Tylenol, 2 tablets every 6 hours as needed, for pain.
- Drink extra fluids for the next 24 hours to flush the contrast from your system.

#### DRESSINGS:

- Replace hospital dressing with Bandaid in 24 hours. Bandaid may be removed 2 days after the procedure.

#### SPECIAL INSTRUCTIONS:

- You may shower tomorrow.
- Expect some bruising and swelling at the catheterization site.
- Call Vascular Surgery Associates for a post procedure appointment.
- Call immediately if you experience any of the following:
  - Bleeding or swelling at the catheter puncture site. Apply pressure with your finger to stop the bleeding. If the bleeding does not stop, go to the Emergency Room or call 911 for assistance.
  - Your foot or hand becomes cold, blue, numb, painful or extremely swollen.
- Call for any other problems or questions.