

## Arteriogram Instructions Following Surgery

**\*If you have increasing redness around the incision sites, thick drainage, or fever above 101°F call the office as soon as possible (314-434-1211) to speak with our clinical staff.**

### WHAT TO EXPECT

- Immediately following your procedure you will be required to lay flat for 2-6 hours in the hospital's recovery area, depending on the procedure you have done. You should be able to go home that afternoon/evening.
- You *may* be sore for 2-3 days following your procedure. Each day will get better, thereafter (*i.e. improvement starting on day 3*).
- You may or may not turn black and blue (*bruise*) around your incision sites and surrounding tissue. It is normal for this bruising to travel down your leg as it resolves, due to gravity. You may develop mild to moderate swelling around the incision site.
- You may experience swelling in the operative leg and foot that may last several weeks after your surgery.

### INSTRUCTIONS

- Your surgeon will let you know when you may shower (*usually on the 1<sup>st</sup> post op day*). Remove the dressings.
- You may apply ice to incision for 1 day after your surgery in 15-20 minute increments. *Be sure to place a towel between your skin and the ice pack to avoid direct contact.*
  - A heating pad may also bring some comfort when used starting 2 days after your surgery in 15-20 minute increments. Do not use high heat.

### MEDICATIONS

- You **may** be sent home on pain medicine. While on pain medicine, it is a good idea to take a stool softener to counteract constipation. You can also take Milk of Magnesia (a laxative). All are over the counter. You **should not** drive while on pain medicine.
  - **Call the office** if you experience more than 5-6 watery bowel movements in a 24 hour period OR if you have not had a bowel movement in 3 days with taking over the counter medications.
  - If you feel that the pain medication is too strong, you may take Ibuprofen (*Advil*) or other over the counter pain medication that has been approved by your Primary Care Provider. Do **NOT** take in conjunction with your prescription pain medication

*RESTRICTIONS*

- You not do any strenuous exercise for 2-3 weeks unless directed otherwise. No lifting over 10-15 lbs. (Ex: a gallon of milk weighs 8 lbs).
- You may walk as much as you want (*including stairs*). We encourage walking to prevent the formation of a hematoma (large bruise) at the incision sites.

*FOLLOW UP*

- Usually you do not need a follow up visit with your surgeon after your surgery, however if surveillance is needed our Ultrasound Lab will contact you.
- The office is open for phone calls from 8-5 pm Monday-Thursday, Friday 8-4 pm. For after hours, call the Medical Exchange @ 314-364-5262 to speak to the surgeon on call.

DOCUMENTATION

- A stent may be placed at the time of your arteriogram. If this occurs, you should receive a **wallet card** from the hospital that outlines all information related to the type of stent that was placed and any special instructions. If you do not receive a card we do have blank ones in our office, but specific information about your stent will need to be obtained from St. Luke's Medical Records Department (314-205-6510).