

General Instructions Following Arteriogram

***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 on the hospital floor**, 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 1st 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 with prescription pain medicine. Try to first control pain with your usual over the counter medications, like Tylenol or Ibuprofen (*Advil*), following the package instructions. Use the narcotic pain prescription only if the Tylenol or Ibuprofen is not effective.
 - You **cannot** drive while on prescription pain medicine.
 - All narcotics can cause severe constipation, as well as possible nausea and vomiting.
 - Refer to “Preventing Post-Op Constipation” education sheet for instructions (*found on our website*). We recommend starting these measures as soon as you arrive home from your surgery.

RESTRICTIONS

- Please only perform light activity for the first 1-2 days after your procedure. You may resume regular exercise after that.
- 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.
- If you have increasing redness around the incision, drainage, or fever above 101°F call the office.
 - Your incision site(s) *may* drain.
 - Do **NOT** soak healing incision site(s) – i.e. a bath, hot tub, swimming pool
 - Clear to light pink/red drainage is normal a few days after surgery
 - You may apply loose dressings to stop any drainage from soiling clothing.

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).

The office is open for phone calls from 8am - 5 pm Monday-Thursday, Friday 8am -4 pm. For an after-hours emergency, call the Medical Exchange @ 314-364-5262 to speak to the surgeon on call.

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Be sure to check out www.StLouisSurgical.com for information, instructions, videos, and MORE