



GEE LONG VASCULAR SERVICE

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POST OPERATIVE CARE FOLLOWING ENDOLUMINAL VASCULAR INTERVENTION

These notes are intended to assist you in your care following discharge from hospital following endoluminal vascular intervention.

In most cases your diagnostic angiogram, arterial balloon angioplasty, or intra-arterial stenting, will have been performed under local anaesthetic. The procedure involves an arterial puncture in the right groin and following the procedure pressure will have been applied to the puncture site to ensure that the hole in the artery seals without bleeding. In many cases you will spend the night in hospital following your procedure and be ready for discharge the next morning. Following some diagnostic angiograms it may be possible for your discharge to be arranged the same day as your procedure. In either event it is helpful to have someone collect you from hospital and to ensure there is someone with you for the first 24 hours following your arterial puncture. Once the nursing staff allow you to begin mobilising, you may do so gradually, but vigorous activities like running or heavy lifting should be avoided for 24 hours.

In general, your procedure will be relatively straightforward and event free. The most common minor complication is a small amount of bruising in the groin. If this is not painful, and the swelling not great, the bruising will settle readily with time. If the groin puncture site is painful, swollen or shows signs of bleeding, please let us know.

Following Discharge:

- 1. Wound Care:** As your procedure has been undertaken through a needle puncture, you will not have a wound that requires care.
- 2. Swelling in the leg:** It is common for the lower limb to swell following arterial intervention. Your leg needs to learn to cope with the increased blood flow it is now receiving. For 6-8 weeks your leg may be more puffy than normal, especially as you begin to mobilise. In most cases you can be assisted in reducing the swelling by the use of compression stockings.
- 3. Mobility:** Discomfort from the puncture site in your groin should resolve within 24 hours, and return to normal activity thereafter is expected. Provided you feel confident of being able to stop in an emergency, there is no reason for you not to be able to drive a motor vehicle following your discharge from hospital.
- 4. Review Appointment:** Arrangements will be made for your review appointment with A/Professor McClure at the time of your hospital discharge. This is usually made for 6 weeks. An ultrasound of your treated arteries will usually be undertaken prior to that visit.

I trust your hospital stay was a pleasant one. Our staff at Geelong Vascular Service will be happy to handle any concerns you may have should you need to call Monday to Friday 09.00 – 16.30 hours.

Yours sincerely,

A/Prof. David McClure
Vascular & Endovascular Surgeon