



Care Advice Following Coronary Angiography and Stenting

IF YOU EXPERIENCE SIGNIFICANT BLEEDING OR SWELLING

Lie flat, apply continuous firm pressure over the puncture site and call for an ambulance.

DO NOT drive.

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Care Advice Following Procedure

- Remove the dressing 24 hours after your procedure.
- Gently clean the area with warm soapy water. Dry thoroughly with a clean towel
- Keep the puncture site clean and dry. Do not apply powders or lotions
- Inspect the site daily over the next 2 weeks
- Some soreness or tenderness at the site may last up to 1 week. Bruising of the area should resolve after 2 weeks

Arm Care (following Radial Approach)

- Avoid lifting with affected arm for 48 hours (1kg). Heavy lifting (5kg or more) should be avoided for 1 week
- Avoid strenuous physical activity for 48 hours
- Avoid having a bath or swimming for 5 days until the wound has completely healed.
- Do not measure your blood pressure on the affected arm for 48 hours

Present to your Local GP if you experience any of the following:

- Discomfort at site
- Oozing
- Present to your local emergency department if you experience any of the following:
 - Numbness
 - Coldness
 - Change in colour of your hand
 - Persistent bleeding or new swelling at the site
- Call an ambulance if you experience any of the following:
 - Profuse bleeding
 - Chest pain
 - Or any other severe symptoms.



Groin Care (following Femoral Approach)

- Avoid heavy lifting (5kg or more) for 1 week
- Avoid strenuous physical activity for 48 hours
- Avoid having a bath or swimming for 5 days until the wound has completely healed

Present to your Local GP if you experience any of the following:

- Discomfort at site
- Oozing

Present to your local emergency department if you experience any of the following:

- Numbness
- Coldness
- Change in colour of your leg
- Persistent bleeding or new swelling at the site

Call an ambulance if you experience any of the following:

- Profuse bleeding
- Chest pain
- or any other severe symptoms

MEDICATIONS

If you have had a stent you may have been commenced on Aspirin (100mg) and Clopidogrel (75mg) / or equivalent. Aspirin and clopidogrel thin the blood and prevent clots occurring within the stent.

It is very important that aspirin and clopidogrel are taken every day.

Driving

Post Arm (radial) or Groin (femoral) approach

Driving a car can increase bruising and swelling at the puncture site and can increase the risk of bleeding and complications. The roads and maritime service (RMS) regulations state that driving is **NOT** permitted for 48 hours after the test.

You will need to organise someone to collect you from the day procedure centre and transport you home.

Flying Home

Please be aware that the airlines may place restrictions on patients flying after certain procedures. St Vincent's Hospital advises that patients who are having an angiogram must not fly home on the day of the procedure.

IT IS ADVISABLE THAT ALL DAY STAY PATIENTS HAVE SOMEONE STAY WITH THEM OVERNIGHT ON THE DAY OF THEIR DISCHARGE

Alcohol

It is recommended that you avoid alcohol for 24 hours post your procedure

Food

You can commence eating your normal diet post procedure

Cardiac Rehabilitation

Cardiac Rehabilitation is available through your local health services. Please contact St Vincent's Hospital Cardiac Rehabilitation Program on (02) 8382 2321 for your nearest Cardiac Rehabilitation Program

