

Procedures to Open or Repair Blocked Heart Arteries

General Information

There are procedures to open or repair an artery blocked with plaque (fatty deposits).

Your doctor wants to get rid of this build-up before it leads to a heart attack.

Before your procedure:

- tell your cardiologist if you have diabetes. Tell them of your food, medicine or insulin needs.
- tell your cardiologist or nurse if you have an allergy to contrast.

At the hospital:

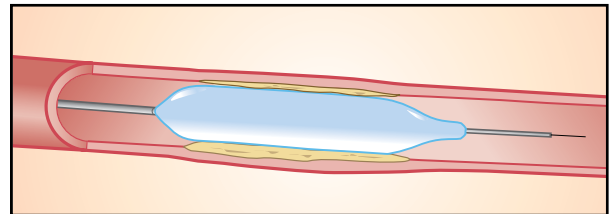
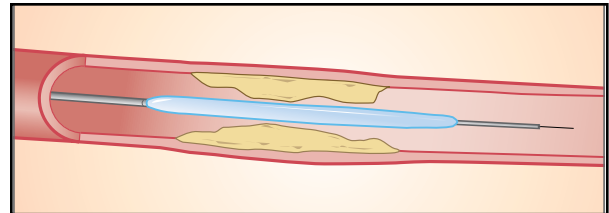
- You will sign a consent form and wear a hospital gown.
- Your arm, groin or both will be cleaned and shaved.
- A nurse will start an intravenous (IV) line for medicine.
- After the procedure, follow the aftercare directions you receive from your health care team.

Angioplasty

Your doctor will use a balloon catheter to push the plaque up against your artery wall.

During the procedure:

- A sheath will be inserted into an artery in your groin or arm.
- A catheter (small, thin tube) will be inserted through the sheath. The catheter has a tiny balloon at the tip.



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Angioplasty: A balloon squeezes the plaque up against the artery wall.

- Your doctor will guide the tip through the arteries of your body to the blocked artery.
- X-ray dye is injected so your doctor can take an X-ray of the blocked artery.
- Your doctor will slowly inflate the balloon many times.
- The inflated balloon squeezes the build-up of plaque against your artery wall.
- Your doctor will remove the balloon and catheter.

After the procedure:

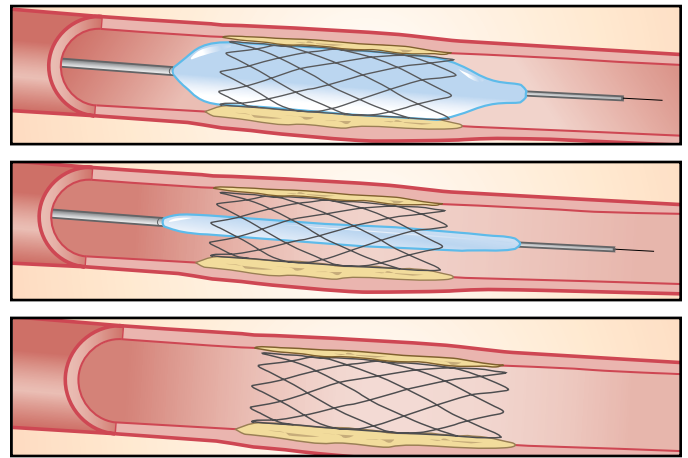
- You will be taken to the Intensive Care Unit or the Cardiovascular Care Unit so you can be watched closely.
- The sheath will be removed in 4 to 6 hours. You will need to lie still in bed.
- Tell the nurse right away if you feel any chest discomfort or pressure.

(over)

❑ Atherectomy

Your doctor will cut out the plaque or break it up using one of two tools:

- ❑ A special catheter is used to cut out the plaque. It is pushed into the small tip (cone) of the catheter and removed.
- ❑ A high-speed diamond drill cuts through the plaque, breaking it up into tiny pieces. Your liver filters the pieces out of your body.



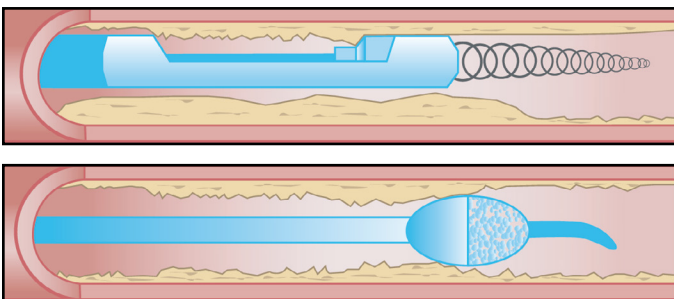
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During the procedure:

- A sheath will be inserted into an artery in your groin or arm.
- A catheter (small, thin tube) will be inserted through the sheath.
- Your doctor will guide the tool to your blocked artery.
- X-ray dye is injected so your doctor can take an X-ray of the blocked artery.
- Your doctor will use the tool to cut and shave away the plaque or breaking up the plaque.
- Your doctor will remove the balloon and the tool.

After the procedure:

- You will be taken to the Intensive Care Unit or the Cardiovascular Care Unit so you can be watched closely.
- The sheath will be removed in 4 to 6 hours. You will need to lie still in bed.
- Tell the nurse right away if you feel any chest discomfort or pressure.



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Atherectomy: A special tool either cuts or breaks up plaque.

Stent: A balloon inflates the stent. When the stent is in place, it is deflated and removed. The stent stays in your artery.

❑ Stent

Your doctor places a small stainless steel mesh tube in your artery to keep it open.

During the procedure:

- A sheath will be inserted into an artery in your groin or arm.
- A catheter (small, thin tube) will be inserted through the sheath. The catheter has a tiny balloon and the stent at the tip.
- Your doctor will guide the tip through the arteries of your body to the blocked artery.
- X-ray dye is injected so your doctor can take an X-ray of the blocked artery.
- Your doctor will slowly inflate the balloon.
- The stent expands and stays in place.
- Your doctor will remove the balloon and catheter.

After the procedure:

- You will be taken to the Intensive Care Unit or the Cardiovascular Care Unit so you can be watched closely.
- If the sheath was put in your groin, you will need bedrest. You will need to lie flat.
- Tell the nurse right away if you feel any chest discomfort or pressure.