








Care After Angioplasty, Stent, Atherectomy — At a Glance

For an Emergency, Call 911

Activity	Procedure Site Care	Medicines	Self-care	When to Call Your Doctor
 <ul style="list-style-type: none"> ■ In the first 24 hours: <ul style="list-style-type: none"> — Do low-level activities. Walk to and from the bed, couch, chair and bathroom. Take a few stairs, if needed. — Do not drive until the second day after the procedure. ■ In the first 5 to 7 days: <ul style="list-style-type: none"> — Do not lift anything heavier than 10 pounds. — Avoid bending over and squatting. — Avoid heavy activities, such as biking, bowling, jogging, sexual activity, shoveling, mowing or swimming. — Follow your cardiac rehab or doctor's directions for walking and exercising. 	 <ul style="list-style-type: none"> ■ Leave the dressing or bandage on until tomorrow morning. ■ Keep the site clean and dry for the first 24 hours. You may take a shower with mild soap tomorrow. ■ Apply pressure slightly above the procedure site if you cough or sneeze. ■ If the site starts to bleed: <ul style="list-style-type: none"> — Lie down flat. — Apply pressure slightly above the site. — If bleeding does not stop after you apply pressure, call 911. ■ You may have a bruise and/or nickel-sized lump in the puncture area. This is common. The bruising may increase in size. It may take 2 to 3 weeks for the bruise to go away. 	 <ul style="list-style-type: none"> ■ Take your medicines as prescribed each day. ■ Take two Tylenol® every 4 to 6 hours as needed for discomfort. Follow package directions. ■ You have a prescription for an anti-platelet. This reduces the risk of stroke, heart attack and other conditions caused by blocked arteries. It also helps prevent your stent from closing. ■ If you have a prescription for nitroglycerin to relieve chest pain (angina): <ul style="list-style-type: none"> — Sit down. Place one tablet under your tongue. — If your chest pain does not go away in 5 minutes, call 911 or follow your doctor's directions. ■ You may qualify for financial help. Call your clinic for details. 	 <ul style="list-style-type: none"> ■ Drink extra glasses of liquids over the next 24 hours. This will help flush the dye through your kidneys. ■ Eat a diet low in sodium (salt), fat and cholesterol. ■ Read all food labels for cholesterol, sodium (salt) and fat levels. ■ Get regular exercise. Follow your doctor's directions. ■ Do not use tobacco. If you need help quitting, ask your doctor for resources.  <p>Allina Health </p> <p><small>© 2022 ALLINA HEALTH SYSTEM. TM – A TRADEMARK OF ALLINA HEALTH SYSTEM OTHER TRADEMARKS USED ARE OWNED BY THEIR RESPECTIVE OWNERS THIS FACT SHEET DOES NOT REPLACE MEDICAL OR PROFESSIONAL ADVICE. IT IS ONLY A GUIDE. cvs-ah-44833 (6/12)</small></p>	 <ul style="list-style-type: none"> ■ Call your doctor if you have: <ul style="list-style-type: none"> — chest pain (like you had before the procedure) — lots of swelling and tenderness, constant pain or bleeding at your puncture site — discolored area at your puncture site that becomes hard and painful — numbness, tingling or color change in your affected leg or hand — lightheadedness, sweating and fever of more than 101 F — trouble breathing, feeling very tired or being unable to exercise — questions or concerns. <p>allinahealth.org</p>