

Care After a Carotid Endarterectomy — At a Glance

For an Emergency, Call 911

Activity 	Incision Site Care 	Medicines 	Self-care 	When to Call Your Doctor 
<ul style="list-style-type: none"> ■ For 2 weeks: <ul style="list-style-type: none"> — Avoid heavy activities like golf, weight lifting or contact sports. — Do not lift anything heavier than 10 pounds (such as full grocery bags or golf clubs). ■ You may drive when you: <ul style="list-style-type: none"> — don't need to take prescription pain medicine — can move your neck easily — feel steady. ■ Follow your doctor's directions for when you can return to work. 	<p>Your incision will take about 6 weeks to heal. Some swelling and bruising is normal.</p> <ul style="list-style-type: none"> ■ Check your incision every day. (You may need to use a mirror.) ■ Clean your incision with mild soap and water. ■ Keep your incision clean, dry and uncovered. ■ Three days after surgery: you may take a shower and wash your hair. ■ Do not put ointments, creams, lotions, cologne or perfume on your incision. ■ Men: Use an electric razor to shave until the area under your chin and around the incision is no longer numb. 	<ul style="list-style-type: none"> ■ Take all of your medicines as prescribed. ■ Be sure to take your blood pressure medicine. It is important to keep your blood pressure under control. ■ If you don't think you can take your medicines, call your doctor. ■ Do not stop taking any medicine without your doctor's approval. <p style="text-align: center;">  allinahealth.org </p> <p style="font-size: small;"> <small>© 2021 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-45691 (8/13)</small> </p>	<ul style="list-style-type: none"> ■ Eat healthful foods low in salt, fat and cholesterol. ■ To help avoid constipation, eat more foods high in fiber. These include fruits and vegetables. ■ Keep all appointments with your health care team, even if you are feeling better. ■ Write down any questions or concerns for your health care team. ■ Do not smoke. If you need help quitting, ask your doctor. Smoking and high cholesterol can lead to another blocked artery.  	<ul style="list-style-type: none"> ■ Call your doctor if you: <ul style="list-style-type: none"> — have new pain or pain you can't control — have a temperature higher than 101 F — feel dizzy or lightheaded — have new or unusual headache — have any of these at your incision site: <ul style="list-style-type: none"> • pain, swelling, redness, odor, warmth, green or yellow discharge — have other symptoms. ■ Call 911 if you have: <ul style="list-style-type: none"> — sudden weakness or numbness — vision changes — confusion — trouble speaking — loss of balance.