

# PERIPHERAL VASCULAR DISCHARGE INSTRUCTIONS



## Medications:

- If you take a medication called METFORMIN please HOLD this medication for 48 hours after your procedure and then resume your usual dose, call Primary MD for Diabetes-related questions.
- Take acetaminophen 325mg 2 tablets orally every six hours as needed for discomfort.
- Resume all Pre-procedure Medication unless instructed otherwise
- You will be given a prescription for Plavix (Clopidogrel) to help keep your blood from clotting around the stent. Take this medication as directed by your doctor.

## Activity:

- No lifting over 10 pounds for 5 days. A full gallon of milk weighs 8.6 pounds.
- You may walk and go up and downstairs.
- You may drive the day after your procedure.
- You may shower the day after your procedure but NO tub baths, hot tubs, or swim for 5 days.

## Diet:

- Resume the diet you were on before surgery. A low-fat, low cholesterol diet is recommended.

## Incision/Procedure Site:

- There may be a small amount of bleeding at your puncture site which may stain the band-aid or clothing; this is of no concern if it is less than a teaspoon. If you begin to bleed from the puncture site, hold direct pressure over the area and call 9-1-1 for transportation to the nearest emergency room. Bruising will go away in about two weeks.
- There may be a small hard lump (the size of an almond) at your puncture site. The hard lump is normal and will clear in about two weeks. If the hard lump abruptly grows larger in size, hold direct pressure over the area and call 9-1-1 for transportation to the nearest emergency room.

## Call your surgeon if any of the following conditions develop after discharge:

- Pain not controlled by the medication prescribed.
- Signs and symptoms of infection: redness, swelling, drainage, and increased pain. Fever above 101 F (38.3C). Shaking chills.
- Numbness, tingling, coolness, or bluish discoloration in the arm or leg where the procedures were performed.
- If you had a catheter in your bladder, and you have signs and symptoms of urinary tract infection: burning, fever, cloudy or foul-smelling urine, and difficulty urinating.

***If unable to reach your doctor, go to the nearest emergency room.***

Call the office at 732-641-8346 for a follow-up visit if not scheduled prior to discharge.

***If you smoke or use any tobacco product, "PLEASE STOP NOW!"***

***For assistance, call the New Jersey Quitline at 1-866-657-8677***

***And please discuss with your surgeon and Primary Physician for help***

Patient Signature

Date

Care Provider reviewing instructions Signature

Date/Time