Instructions for patients after Angioplasty, Stent or Cardiac Catheterization

Caring for yourself at home

Groin Care
Check your groin daily for one week. Bruising is common and usually resolves in a few weeks.

Call your doctor immediately if:

- You notice any drainage from the catheterization site!
- You have any leg redness, hematomas (small collection of blood under the skin), or increasing leg pain

Activity
If you have had a catheterization procedure:

- Do not lift anything greater than 10 pounds until one week after the procedure.
- Wait 3 days before returning to your usual level of activity, including sexual activity.
- Wait 24 hours after discharge to resume driving.
- Avoid strenuous activity for one month.

If you have had a heart attack, you must check with your doctor before returning to work, driving or starting any exercise or sexual activity.

Bathing
Do not take a tub bath for 3 days. This includes whirlpools, spas and swimming pools. You may take a shower with mild soap. Do not scrub the groin site. Pat the area dry with a towel.

Antibiotic prophylaxis
In the first three months after you have had a stent procedure, you will need to take antibiotics before certain invasive procedures. This includes dental work, colonoscopy, bronchoscopy, or cystoscopy. Please ask your doctor for an antibiotic prescription before these procedures.

Medications
Your pharmacist may recommend that you avoid taking 2 anti-platelet drugs. However it is commonly recommended for patients who have had a stent.

If a doctor or dentist recommends stopping your Aspirin/Cloperidogel (Plaxix)/Ticlopidine (Ticlid) before the recommended duration, call the Cath Lab at 212-306-7060 and speak to one of the Physician Assistants.

Follow-up
Follow up with your cardiologist 1-2 weeks after discharge

Cardiac Rehabilitation
Cardiac Rehabilitation can help patients who have heart disease recover faster and return to their productive lives. It is also a great resource for up to date information about advances in heart disease protection. Insurance often covers these programs. Speak to your cardiologist about programs near you.

This information is brief and general. It should not be the only source of your information on this health care topic. It is not to be used or relied on for diagnosis or treatment. It does not take the place of instructions from your doctor. For answers to your health related questions talk to your health care providers for guidance before making a health care decision.

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