

# Vascular Stent Insertion

## Patient Information Sheet

A thin, flexible tube was inserted into one of your larger blood vessels. Through this catheter, the Radiologist injected contrast fluid (x-ray dye) that traveled through the bloodstream to reveal any narrowing of the arteries. A small balloon was positioned in the narrowed artery and inflated to expand the artery and improve blood flow. A stent was permanently positioned to reinforce the walls of the blood vessel.

We are sensitive to your needs and concerns and want to let you know your safety and well-being are our primary concern. These instructions will help you understand the recovery process.

### Instructions after Stent Insertion

- Rest for the remainder of the day.
- Have a responsible adult spend the night with you following the procedure.
- Do not drive for 24 hours after your procedure.
- Do not lift anything weighing over 5 kilograms (10 pounds) for 48 hours after your procedure.
- Do not participate in sports or strenuous activity for 48 hours after your procedure.
- If you must use stairs, climb with your good leg, then bring the other leg up the step.

### Diet

- You can eat what you normally eat.
- Drink plenty of fluids for the next two (2) days to cleanse your body of the contrast dye.

### Medications

- If needed for pain or discomfort, take Tylenol (acetaminophen) for 48 hours following your procedure. Follow the directions on the label.
- **Do not** use Aspirin or ibuprofen products, such as Advil or Motrin, as it may increase the chance bleeding.
- You may resume your routine medications, unless otherwise instructed by your doctor.



## Dressing Care/Sutures

- Remove the gauze dressing (Band-Aid) the day after the procedure.
- If a closure device was used, please refer to the Closure Device patient information pamphlet you were given.
- Check your groin or puncture site at least twice daily – in the morning and at night – for one (1) week following the procedure.

## Bathing

- You may shower tomorrow morning, but keep the bandage over the biopsy site dry for the 24 hours after your procedure or change if it gets wet.
- **Do not** bathe or swim (especially in lakes) for one week, as this may lead to an infection at the puncture site.

## Things to watch for

- Difficulty breathing
- Chest pain
- Feeling unusually faint or light-headed
- Increasing redness, soreness, swelling, bruising, or discharge at the puncture site
- Unusual cramps, coolness, numbness, or discoloration of the legs
- Fever more than 100°F (38°C)
- Excessive bleeding

**If you experience any of the above changes, call your doctor, Telehealth Ontario (1-866-797-0000), or go to your closest Emergency Department. Take this sheet with you.**

Please call as soon as possible for a follow up appointment with your referring doctor,

Dr. \_\_\_\_\_, to discuss the results of this procedure.

