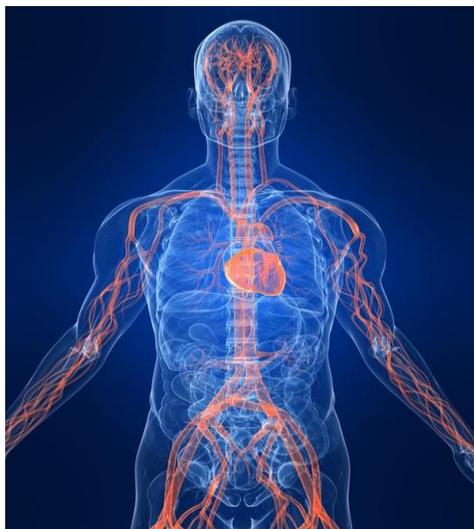


Definitions:

Percutaneous Transluminal Angioplasty (PTA): is often referred to as “balloon” angioplasty. A balloon is inserted into the artery that is narrowed or blocked. The balloon is then inflated. Inflating the balloon moves the plaque to the sides of the artery, opening up the artery to allow blood to flow more freely.

Atherectomy is a means of removing the plaque from the artery. There are several techniques that may be used.

A stent is an artificial material that is inserted into the artery to hold the plaque open. A balloon is used during the insertion of a stent to “push” it into the sides of the artery.



Follow-up Procedure:

Follow-up Appointment:

Office: Altoona
Bedford
Roaring Spring
Patton

Special instructions:

Resume driving, activity, and/or work on:

Physician Orders:



Discharge Instructions

Central PA
Physicians Group

914 South 12th Street
Altoona, PA 16602

Phone: (814) 201-2309

Fluid intake:

The dye used during the procedure is eliminated through the kidneys. Increase fluid intake today and tomorrow to help remove the dye.

Activity:

- Limit Activity today
- Gradually resume normal activity by day three
- No driving for three days
- Limit sexual activity for one week
- May resume work after three days
- Limit stairs for three days for groin procedures
- Limit bending at the wrist for wrist procedure
- No dishes for 5 days for wrist procedures
- No heavy lifting of 5 pounds or greater for one week.

Bathing:

You may shower tomorrow morning. Remove dressing and wash incision site gently with soap and water.

Do not sit in water for one week (i.e. bathtubs, hot tubs, or swimming pools.)

Apply band-aid over incision site daily for three days.

After your recovery:

Increase the amount you walk every day. Walking is proven to increase overall health. It is good for your heart as well as your legs.

Red flags:

A small bruise at incision site is normal. Report any of the following symptoms to your physician:

- Tingling
- Burning
- Swelling
- Redness
- Yellow/Green discharge from incision
- Temperature greater than 101°F
- Bleeding/swelling from incision

Emergencies:

There are two ways you can bleed from the incision site. Bleeding out of the skin onto the dressing and/or bleeding under the skin.

Symptoms may include:

- Visible Blood
- Sudden pain at the site
- Swelling at or around the site
- A warm sticky feeling at the site
- Burning, tingling, numbness or weakness of the leg

If you suspect any bleeding, hold pressure over the site and call 911. Go to the closest emergency room.

Medication:

Hold *Metformin (Glucophage)* or any medication containing *metformin* for 48 hours after your procedure. All other medications may be resumed unless otherwise instructed.

Other medications may include:

Actoplus Met, Avandamet, DiaBeta, Fortamet, Glumetza, Glucovance, Glyburide, Junumet, Kumbiglyze, Metaglip, Micronase, Prandimet, and Riomet.

Stents:

If you had a stent placed, and receive a stent card, carry it with you and show this to all healthcare providers.

After stent placement, you will be placed on an anti-platelet medication such as, Plavix, Effient, Brilinta along with a low-strength Aspirin.

It is important to take this medication as prescribed. Please notify the physician if you cannot take these medications.