

Coronary angioplasty discharge information

Introduction

This leaflet provides important information for when you are discharged from hospital after having coronary angioplasty (stent).

General information

You can return to your normal daily activities (for example bathing, dressing, leisurely walking) the day after your procedure. However, please make sure you follow the instructions below:

- Do not lift loads heavier than 4.5 Kgs (10lbs) for 3 days following your angioplasty.
- Do not take part in strenuous physical activity for 1 week (such as gardening, tennis, swimming, golf, weight lifting, cycling).
- When bathing, do not rub or scratch the wound area or have the water too hot.
- If the procedure was performed through the wrist, you should avoid excessive use of the affected hand for 3 to 4 days.
- If the procedure was performed through the groin avoid excessive bending or stooping from the waist for 3 days.
- Climb stairs at a slow steady pace for the next 2 days.
- Do not drive for 7 days – this is a DVLA requirement.

Chest pain

If you have any chest pain once you have been discharged, please go to your nearest Accident and Emergency department. You will need to be assessed as soon as possible. You must inform the Accident and Emergency department that you have had a coronary angioplasty and the date it was performed.

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Department

Cardiology

Review due

April 2027

**Patient
Information**

Bleeding

If you suffer a small bleed:

- Lie flat.
- Apply firm direct pressure to the wound site for 10 to 15 minutes. If possible, have another person apply the pressure.

The bleed should stop. Make sure that you take it easy for the rest of the day.

If any of the following happens:

- The wound site continues to bleed.
- There is a sudden increase in swelling of the area around the wound site.
- A jet of blood pumps from the wound site.

You will need to apply firm, direct pressure to the wound site and call the Emergency Services on 999 immediately.

Wound care

The plaster or dressing over the site can be removed the day after your procedure.

Keep your wound clean and dry. Avoid using lotions, powders and ointments around the site for 1 week.

Wound healing

Your wound should remain soft and dry. Some bruising or a pea sized lump may be present for 2 to 3 weeks after your procedure.

Please contact your GP as soon as possible if:

- You develop signs of infection (wound site is red, hot, swollen or there is leakage from the wound).
- The lump at the puncture site gets larger.
- The area of bruising increases with discoloration extending to the elbow or into the thigh, over the buttock or into the groin.
- You have a fever, shaking or chills in the 2 days after your procedure.
- You have numbness or tingling in the affected arm, hand, thigh or leg.

Patient Information

- You have new calf tenderness or pain.
- You have pain at the wound site that makes using your hand or walking difficult.
- You have swollen ankles or feet.
- You have discoloration or coolness of your hand, leg or foot.
- The skin of your affected hand, leg or foot becomes pale or cold.

Medication

Unless otherwise instructed by your consultant, please continue with your usual medications.

If your medication needs to be changed, this will be explained to you before you are discharged.

A letter will be sent to your GP telling them about your angioplasty and any changes in your medication.

Antiplatelet medicines (for example clopidogrel, ticagrelor) should be continued for at least 1 year, unless you are told otherwise before discharge.

If you take warfarin or other oral anticoagulant medications you will be advised about restarting them.

If you have diabetes and you are insulin dependent, please continue with your usual insulin regime. If you take metformin you need to stop taking this for 48 hours after your procedure.

Contact information

If you have any problems, questions or concerns, please contact:

Cardiology Day Case Unit (CDCU)

Gloucestershire Royal Hospital

Tel: 0300 422 2994

Monday to Friday, 7:45am to 5:00pm

Outside of these hours please contact the:

Cardiology Ward

Gloucestershire Royal Hospital

Tel: 0300 422 4011 / 8405

Patient Information

Alternatively contact your GP, practice nurse or NHS 111.

NHS 111

Tel: 111

Further information

British Heart Foundation

Website: www.bhf.org.uk

Making a choice

Shared Decision Making

If you are asked to make a choice, you may have lots of questions that you want to ask. You may also want to talk over your options with your family or friends. It can help to write a list of the questions you want answered and take it to your appointment.



Ask 3 Questions

To begin with, try to make sure you get the answers to three key questions if you are asked to make a choice about your healthcare.

1. What are my options?
2. What are the pros and cons of each option for me?
3. How do I get support to help me make a decision that is right for me?

These resources have been adapted with kind permission from the MAGIC Programme, supported by the Health Foundation

* Ask 3 Questions is based on Shepherd HL, et al. Three questions that patients can ask to improve the quality of information physicians give about treatment options: A cross-over trial. Patient Education and Counselling, 2011;84:379-85



<https://aqua.nhs.uk/resources/shared-decision-making-case-studies/>

**Patient
Information**

Procedure information

Consultant:

Procedure:

Results and treatment plan:

Red book:

ECG:

Rehabilitation referral:

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