

## **What are my care Instructions?**

You received local anesthesia at your procedure site, during your angiogram. As the local anesthesia wears off, you may feel some pain and discomfort from your procedure. Your groin may be sore or bruised. If you have pain, don't be afraid to say so. Pain medicine works better if you take it before the pain gets bad.

Follow-up care is the key part of your treatment and safety. Be sure to make and go to all appointments, and call your doctor if you are having problems.

## **How will I care for myself at home?**

### **Activity**

- You may resume showering 24 hours after the angiogram.
- Do not swim or take a tub bath for 7-10 days after your procedure.
- Rest in bed for 24 hours except to go to the bathroom or eat a meal.
- Avoid strenuous physical activity including lifting more than 10 pounds, bending or stooping for 4 days after your procedure.

### **Diet**

- You can eat your normal diet. If your stomach is upset, try bland, low-fat foods like plain rice, toast and yogurt
- Drink plenty of fluids (unless your doctor tells you not to).

## **Medications**

- You can take your normal prescription medicines as your doctor has instructed you to do except for the following:
  - Blood thinners: Talk to your doctor for instructions before taking blood thinners.
- If you are not taking a prescription pain medicine, ask your doctor if you can take an over-the-counter medicine for your pain.

## **Special Instructions**

- You can remove the band aid from your procedure area 48 hours after your procedure.
- If swelling or bleeding develops at the puncture site, lie down and hold pressure to the site. Call 911 for assistance.
- You will get test results from the doctor who ordered your procedure 3-5 business days after your procedure.
- You will receive follow up care from your doctor who ordered your procedure.
- Closure devices are devices that help close the puncture site. You will receive separate information and teaching if a closure device has been placed at your puncture site.

## **When should I call for help?**

- Call 911 anytime if you have any of the following signs and symptoms:
  - shortness of breath
  - chest pains
  - Loss of consciousness - (if you passed out or fainted)
  - Uncontrolled bleeding from procedure site

Call 911 anytime you think you need emergency care.

- Call Interventional Radiology at 734-936-4536 between 8am and 5pm Monday through Friday, if you have any of the following signs and symptoms:
  - Fever (greater than 100.6°F)
  - Bleeding, swelling or increased pain at procedure site
  - Redness, swelling, red streaking or pain at IV site or procedure site
  - Extremity with procedure site turns cool, cold or blue
  
- After hours and on Holidays please call 734-936-6267 and ask to speak with the Interventional Radiologist on call.

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