Coronary Angioplasty Discharge Information

Cardiology Services
Medicine
Scunthorpe General Hospital

This leaflet has been designed to give you important information following your coronary angioplasty. It also contains advice on what to do in the event of an emergency.
Introduction
You have recently had a coronary angioplasty, please take some time to read through this information leaflet which has been designed to supplement information you have been given by the doctors and nurses during your stay. The leaflet provides information about how to care for your angioplasty site and also explains potential complications and how to deal with them so it is important that you share the information with the person who is staying with you overnight. The leaflet also provides advice on necessary limitations to daily activities over the next few weeks which are important to help your recovery.

Discharge Card
You will have been given a small card to carry in your purse or wallet. This card contains information about your procedure and related medication. It is important that you show this card to your Dentist / Chemist or if you require treatment in an emergency.

Hygiene
You may take a shower on the day after you are discharged from hospital. Avoid a bath for 3 – 4 days if possible. Do not use talcum powder, creams or soap directly over the puncture site until it has fully healed. Ensure you dry the site thoroughly by patting gently with a towel. Do not rub the area vigorously.

Drinking
Drink plenty of fluids over the next 3 – 4 days to ensure that the contrast dye used during your procedure is fully flushed out of your system. Avoid alcohol for at least 24 hours.

Lifting
Femoral (groin) procedure - Avoid lifting more than 10 lbs (approximately one bag of groceries) for at least a week. Avoid sport, especially Football, Rugby, Cycling and Swimming for at least one week.
Radial (wrist) procedure - You may remove the sling but must avoid using the affected arm for the next 48 hours. Avoid sport, especially racquet sports, golf, swimming and rowing for at least one week.

Working
If your procedure was elective (planned and attended as an outpatient) and without complications you may return to work after one week. If your procedure was complicated (the hospital nurse or doctor will advise you if this was the case) or if you have had a heart attack (M.I.) within the last two weeks, the hospital doctor will advise you when it is safe to return to work. If following discharge you feel you need longer off work you will need to discuss this with your own G.P.

Driving / Flying
Group 1 (Regular) Licence - If you have had successful angioplasty following a diagnosis of heart attack (M.I.) unstable angina or chronic angina and no further angioplasty is planned - you may drive after one week and Do not need to notify the DVLA.
If your angioplasty was unsuccessful and you have a diagnosis of heart attack or unstable angina - you may drive after 4 weeks (this does not apply in the case of chronic angina - it is still 1 week) and Do not need to inform DVLA.

For more information about our Trust and the services we provide please visit our website. www.nlg.nhs.uk
Group 2 (HGV or PCV) Licences - DVLA restrictions prevent you from driving for six weeks after which you must reapply for your licence and are likely to need to pass an exercise / functional test. **You must inform the DVLA of your diagnosis and treatment.** It is safe to fly 4 weeks following angioplasty but you must inform your Insurer.

Diabetes

**Do not** take Metformin for 48 hours following your angioplasty. You may need a blood test prior to restarting and the CCU nurse will have advised you before you were discharged.

If you suffer nausea or vomiting within the first 48 hours following your angioplasty or within the first 48 hours of restarting Metformin you should contact the Cardiac Specialist Nurse (9 am – 5 pm). Outside of these hours you should attend your nearest Accident and Emergency department. All other diabetic medication can be safely restarted immediately following angioplasty.

Warfarin

You will have been given clear instructions and this will vary from one patient to another depending on the reason you are taking it.

Femoral (Groin) Wound Site Care

Keep the dressing in place for 24 hours following discharge home.

Once the dressing is removed, wash (avoiding soap directly at the puncture site) and dry (by patting not rubbing) the area gently.

Cover the site with a clean dressing and repeat as required for the next 3 – 4 days until the wound has fully healed.

Bruising around the puncture site is very common and may extend down the thigh and as far as the knee. Although unsightly, this is not cause for concern and the bruising will gradually change colour and fade over the following 1 – 2 weeks.

If you experience discomfort from extensive bruising Paracetamol may help. **Do not** take pain killers that contain aspirin as you are already taking aspirin following your angioplasty.

A small lump may develop at the puncture site. A small pea sized lump is not usually a cause for concern and is just a result of the scar from your procedure. If you develop a new swelling after discharge or if there is a large lump, sudden pain or tenderness you should contact the Cardiac Nurse Specialist or CCU for advice.

If you experience severe pain, constant pain or your leg appears discoloured or feels cold or numb you must ring 999 to return to your nearest Accident and Emergency Department. **Do not** drive yourself or ask someone to bring you as you may require medical attention on route.

If you experience bleeding at the site – Ring 999, lie down flat and apply firm pressure over the site until help arrives.

Radial (Wrist) Wound Site Care

Keep the dressing in place for 24 hours. You may remove your sling after discharge but you must not use your arm for at least 48 hours following discharge. If you feel you may find this difficult you can leave the sling in place.
Tenderness at the site is common. If you find this uncomfortable Paracetamol may help. Do not take pain killers containing aspirin as you are already taking aspirin following your procedure.

Bruising around the puncture site is not common. If you experience any bruising (not present on discharge) swelling, pain, change in colour, sensation or function of the hand you should contact the Cardiac Nurse Specialist or the CCU for advice. The site may need to be checked.

Do not be alarmed if you are unable to feel the pulse in your wrist as long as you have no other adverse symptoms as described already. This is common and will resolve after a few weeks.

**Angioseal**

This is a small collagen plug used to seal the puncture hole in the artery. It will be absorbed naturally over the next 3 months. You must carry the angioseal card you were given at the time of your procedure.

A small pea size lump and / or mild tenderness at the site is common. If you experience constant or severe pain or your leg feels cold, numb or appears discoloured you should contact the Cardiac Specialist Nurse or CCU for advice. If you are unable to contact us you should ring 999 to be taken to your nearest Accident and Emergency department.

If you are readmitted to hospital with heart related problems within the 3 months following your angioplasty you must inform the doctor that you have an angioseal (bring your card) as any further angiogram or angioplasty will need to be done through an alternative site.

**Contact Numbers**

**Scunthorpe General Hospital**
Switchboard 01724 282282

**Cardiac Specialist Nurse**
(Susan Stock) extension 5798 or bleep 2012

**Coronary Care Unit**
01724 290129

**Concerns and Queries**

If you have any concerns / queries about any of the services offered by the Trust, in the first instance, please speak to the person providing your care.

For Diana, Princess of Wales Hospital
Alternatively you can contact the Patient Advice and Liaison Service (PALS) on (01472) 875403 or at the PALS office which is situated near the main entrance.

For Scunthorpe General Hospital
Alternatively you can contact the Patient Advice and Liaison Service (PALS) on (01724) 290132 or at the PALS office which is situated on C Floor.

Alternatively you can email: nlg-tr.PALS@nhs.net

**Northern Lincolnshire and Goole Hospitals NHS Foundation Trust**

Diana Princess of Wales Hospital
Scar tho Road
Grimsby
01472 874111

Scunthorpe General Hospital
Cliff Gardens
Scunthorpe
01724 282282

For more information about our Trust and the services we provide please visit our website. www.nlg.nhs.uk