

**Patient  
Information**

# Coronary angioplasty Discharge information

## Introduction

This leaflet provides important information for patients who have been discharged from hospital after having coronary angioplasty.

## General information

You can resume your normal daily activities (for example bathing, dressing, leisurely walking) the day after your procedure. However, please make sure the instructions below are followed:

- No lifting loads greater than 10lbs/4.5kgs for the next 3 days
- No strenuous physical activity for 1 week (such as gardening, tennis, swimming, golf, weight lifting, cycling)
- When bathing do not rub or scratch the area or have the water too hot
- If the procedure was performed through the wrist 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 report to your nearest Accident and Emergency department. You will need to be assessed as soon as possible. Please inform the Accident and Emergency department that you have had a coronary angioplasty and the date it was performed.

Reference No.

**GHPI0225\_12\_18**

Department

**Cardiology**

Review due

**December 2021**

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### Bleeding

If you suffer a small bleed:

- Lie flat
- Apply firm direct pressure to the puncture site for 10 to 15 minutes. If possible have another person to 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 puncture site continues to bleed
- There is an increase in swelling of the area around the wound site
- A jet of blood pumps from the puncture site

**You will need to apply firm, direct pressure to the puncture site and call the Emergency Services on Tel: 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 marble sized lump may be present for 2 to 3 weeks after your procedure. However, please contact your GP as soon as possible if:

- Signs of infection happen (wound site is red, hot, swollen or there is leakage from the wound)
- Any lump at the puncture site gets bigger or becomes larger than a marble
- The area of bruising increases with discolouration extending to the elbow or into the thigh, over the buttock or into the groin

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- 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
- You have calf tenderness or pain
- You have pain at the puncture site that makes using your hand or walking difficult
- If your ankles or feet swell
- You have discolouration or coolness of your hand, leg or foot

## Medication

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

If your medication needs to be changed your consultant will alter it before discharge. A letter will be sent to your GP notifying them of your angioplasty and any alterations in your medication.

Any antiplatelet (for example clopidogrel, ticagrelor) medicines should be continued for at least 1 year, unless you have been told otherwise by your consultant cardiologist.

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

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 the:

### Hartpury Suite

Cheltenham General Hospital

Tel: 0300 422 2995

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

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Outside of these hours please contact the:

**Cardiac Ward**

Cheltenham General Hospital

Tel: 0300 422 4011

Alternatively contact your GP, practice nurse or NHS 111.

**NHS 111**

Tel: 111

**Further information**

British Heart Foundation

Website: [www.bhf.org.uk](http://www.bhf.org.uk)

**Procedure information**

Consultant:

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Procedure:

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Results and treatment plan:

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Red Book:

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ECG:

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Rehabilitation referral:

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