

# Discharge Instructions for Carotid Artery Stenting



When you get home after your procedure, do the following:

- Watch the injection site for bleeding. A small bruise is normal. So is an occasional drop of blood at the site.
- Watch the limb that was used for changes in temperature, color, numbness, tingling, or loss of function.
- Take your prescribed antiplatelet medicines as directed. These medicines will help prevent blood clots from forming on the stent. But they may cause you to bruise more easily.
- Shower instead of taking tub baths for a few days. But wait for your healthcare provider's OK to get the wound wet first.
- Don't lift anything over 10 pounds for a few days.
- Take it easy. But try to get back to your normal routine as much as possible.
- Ask your healthcare provider about when you can drive, return to work, and do other activities.

## When to call your healthcare provider

Call your healthcare provider right away if you have any of these:

- Problems at the incision site, such as swelling, redness, bleeding, warmth, leaking of fluids, or increasing pain
- The limb that was used for the puncture site is cold, changes color, painful, numb, tingling, or has loss of function
- Fever of 100.4°F (38.0°C) or higher, or as advised by your provider
- Chest pain or trouble breathing (Call 911)
- New or worsening symptoms

Go to the emergency room if your healthcare provider's office is closed.

## Your follow-up

Within a month after the procedure, you'll have a follow-up exam and tests. These tests may include an ultrasound and a brain function exam. Then you'll be monitored with ultrasound or another imaging test every 6 months for 1 to 2 years. After that, you'll be monitored at least every 12 months. You may also keep taking antiplatelet medicine. In some cases, the carotid artery can narrow again. If this happens, it can often be treated again with balloon angioplasty.

## Call 911

Call 911 right away if you have any of the following symptoms of stroke:

- Weakness, tingling, or loss of feeling on one side of your face or body
- Sudden double vision or trouble seeing in one or both eyes
- Sudden trouble talking or slurred speech

- Trouble understanding others
- Sudden, severe headache
- Dizziness, loss of balance, or a sense of falling
- Blackouts or seizures

**B.E. F.A.S.T.** is an easy way to remember the signs of stroke. When you see these signs, you know that you need to call 911 fast.

**B.E. F.A.S.T.** stands for:

- **B** is for **balance**. Sudden loss of balance or coordination.
- **E** is for **eyes**. Vision changes in one or both eyes.
- **F** is for **face drooping**. One side of the face is drooping or numb. When the person smiles, the smile is uneven.
- **A** is for **arm weakness**. One arm is weak or numb. When the person lifts both arms at the same time, one arm may drift downward.
- **S** is for **speech difficulty**. You may notice slurred speech or trouble speaking. The person can't repeat a simple sentence correctly when asked.
- **T** is for **time to call 911**. If someone shows any of these symptoms, even if they go away, call 911 right away. Make note of the time the symptoms first appeared.

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