

# ANGIOPLASTY: YOUR HOSPITAL RECOVERY

## TRANSCRIPT

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After your angioplasty, you will be moved to the post procedure area. Here your blood pressure and pulse will be monitored, and the insertion site will be examined. Your heart may also be monitored.

If a stent was also implanted, you'll be given additional doses of an antiplatelet medication to prevent blood clots. If the catheter was inserted into your leg, you'll be asked to keep your leg still and straight for a few hours.

*"That was very easy just to lay there for several hours. Actually, you don't usually get a chance to do that."*

You may bend your other leg to make your back more comfortable. As you recover, you'll also be asked to drink plenty of fluids. You will probably be up and walking later in the day and can go home as soon as your doctor advises.

Angioplasty usually requires an overnight stay. Before you leave, your healthcare team will let you know how to take care of yourself at home.

With both bare metal and drug-eluting stents, you will be required to take aspirin daily for the rest of your life, unless you can't tolerate aspirin for some reason. You will also be prescribed an antiplatelet agent. Talk to your healthcare provider about how long you will need to take this medication.

And your healthcare provider may prescribe a statin, a type of medication that can help you maintain heart health after having an angioplasty and stent.

You may also be given an I.D. card to carry with you giving information about the type of stent that was used.

You may be advised not to drive for the first couple of days after the procedure, so arrange to have someone take you home.

While not a cure for heart disease, treatments like angioplasty and stenting will increase your heart health and allow you to get back to leading a normal, active life.