

# PAD Treatment: Recovering at Home from Angioplasty

When you have Peripheral Artery Disease, or PAD, you may require angioplasty to restore blood flow to your neck, arms, or legs, and reduce both the symptoms and the complications of PAD.

Follow this checklist while you recover at home.

**Do:** Follow your discharge instructions carefully. Your discharge instructions will give you and your loved ones the information you need to continue a healthy recovery and avoid complications.

**Do:** Get plenty of rest. Your body needs to heal and recover.

**Do:** Drink plenty of fluids if instructed. Choose water.

**Do:** Check your incision site daily for signs of infection. Look for:  
Increased swelling around the incision area,  
Redness, tenderness, soreness,  
Warmth around the area,  
And an increase in your temperature or fever-like symptoms.

**Do:** Contact your healthcare provider immediately if you notice signs of infection.

**Do:** Lie down, apply pressure to the area and call 911, if your incision starts to bleed.

**Do:** Take your medications as directed. You may have received some new prescriptions to help you as you recover.

**Do not:** Miss a dose. Contact your healthcare provider about what to do if you do miss one.

**Do not:** Try to get back to your normal activities too soon. Talk to your healthcare provider about when you can start being active again and when you can return to work.

**Do not:** Lift anything greater than 10 pounds for the next day or 2 after your angioplasty.

Angioplasty can relieve many of the symptoms of PAD, including pain, and help prevent long-term complications. Follow this checklist to help your recovery at home.