

# PAD Treatment: Recovering from Atherectomy

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

Follow this checklist to help you recover from atherectomy at home.

**Do:** Follow your discharge instructions carefully. These 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:** Take your medications as directed. At your hospital discharge you may have been given new medications to add into your routine, including pain medications.

**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 any signs of infection.

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

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

**Do not:** Drive until your healthcare provider says it's ok and safe to do so.

**Do not:** Smoke. If you do smoke, ask about resources that can help you break the habit.

Atherectomy 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.