

# Pre-Procedure: Coronary Artery Procedures

If you're worried about your upcoming coronary artery procedure, that's understandable. Having an angioplasty or other treatment involving your heart can be a bit unnerving.

Focus on this. With better blood flow to the heart, you'll be less likely to have a heart attack or other heart-related problem in the future and that means being able to live a longer, fuller life. Knowing what to expect can also help you feel less anxious and better prepared.

Here are the facts behind some common concerns about coronary artery procedures.

**Will it hurt?** Before the procedure, the spot where the catheter will be put in, either in your groin or arm will be numbed so you won't feel pain. You may also be given medicine to help you relax.

Still, you may feel some pressure or chest discomfort during the procedure. But here's the good news. Your team knows how to quickly manage any discomfort so speak up right away.

**How will I feel after?** If you've been living in an angina, AKA chest pain. You'll feel much better after the procedure and that's worth a fist pump, yet you'll likely have some soreness where the catheter was put in and you may feel some discomfort.

If you need to lie still for a few hours after the procedure, during this time, your care team will do all they can to make sure you're as comfortable as possible.

**What about the risks?** Most procedures have some risks like the chance for an infection or bleeding. Coronary artery procedures have some serious added concerns such as the possible need for open heart surgery and the risk for a heart attack or stroke.

Keep in mind, though, such events are rare. Your care team has done lots of these procedures and knows exactly how to keep you safe and healthy.

You can do your part too by following all pre- and post-procedure instructions and if you have any questions, ask away.

**What will life be like afterward?** Without a doubt, you'll need to make some lifestyle changes after the procedure. That can include things like taking new medications, eating healthier, exercising more, reducing stress, or stopping smoking.

These changes will take time so be kind to yourself and stick with your recovery plan, especially the cardiac rehab. It'll help boost your heart health, a sure way to feeling better and living longer.

Still have questions or concerns? Your care team is here to help. Get in touch to learn more about what you can do to make your surgery a success.