

# Carotid Artery Stenting: Returning Home

After receiving a carotid artery stent, you may be sore.

You may also have a bruise or small lump where the catheter was put in.

This is normal and will go away.

It's important to be careful with activity for a few days to help heal the area where the catheter went in.

You can do easy things around the house, such as light housework or cooking.

But don't lift anything heavy, and don't do any hard exercise.

Easy walking may be okay if your doctor allows it.

You can take a shower 24 to 48 hours after the procedure.

But don't soak the site or take a bath for 1 week or until your doctor says it's okay.

It may seem like a lot to do and remember, but don't worry.

Because before you go home, you'll meet with the staff to go through your care plan.

The plan will include information about checkups, specialist care, any ongoing tests you may need, and who to call if there's a problem.

This is a great time to ask questions.

Your medicines may change too, so be sure you understand what they are and how to take them.

Your plan will also include having a healthy lifestyle—like eating healthy, being active, and not smoking.

This will give you the best chance for a longer, healthier life.

You'll also get directions on how to care for the site where the catheter was put in.

Watch for a lump that's getting bigger under the site.

And watch for bleeding from the area.

A small amount of blood on the bandage can be normal.

But call your doctor if bright red blood soaks through the bandage.

Call your doctor if you see signs of infection, such as increased pain, swelling, warmth, or redness; or drainage from the area.

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And call if your leg, arm, or hand is painful; looks blue; or feels cold, numb, or tingly.

Get emergency help if you have signs of a stroke.

These signs can include a sudden, severe headache like you've never experienced before; sudden numbness, tingling, or weakness; or loss of movement in the face, arm, or legs.

If you're a little nervous right now, that's okay.

You know yourself best, so call your doctor if you have any questions.

Recovery and healing take time.