

DISCHARGE INSTRUCTIONS CAROTID ENDARTERECTOMY

Following discharge from the hospital, you may have some questions about your operation, your activities or your general condition. These instructions may answer some of your questions and help you adjust during the first few weeks following your operation.

ACTIVITY Resume your normal activities and exercise schedule as tolerated. If you were driving prior to surgery you may resume driving one week following discharge from the hospital.

DIET Resume your normal diet. Try to eat low fat and low cholesterol foods

MEDICATIONS Resume all medications taken prior to your operation unless you receive specific instructions to change. Most patients who undergo carotid endarterectomy are instructed to take one adult aspirin per day. If you cannot take aspirin, discuss this with your surgeon.

RECURRENT SYMPTOMS If you develop any *new* numbness, weakness, blindness or difficulty with speech after discharge notify our office immediately.

INCISION You may include the operated area in a shower or bath on the third day following surgery. It is normal to have swelling or discoloration around the incision. If increasing redness or pain develops, call our office immediately. Numbness in the region of the jaw or ear may occur following the surgery. This normally resides in six to twelve months.

FOLLOW UP STUDIES Repeat Doppler ultrasound studies of the carotid arteries are important to your postoperative care. Recurrent blockage can often be detected before problems develop and repair can be performed, if necessary. The other carotid artery is also monitored for any progression of disease. A carotid Doppler study is scheduled after the first postoperative visit, six months later and then yearly for two years.

APPOINTMENTS Make an appointment to see your *primary care physician* within one month after your discharge.

Please call our office the day of your discharge from the hospital or the following day so we can schedule your first post-operative appointment.

PLEASE CALL THE OFFICE IF YOU HAVE ANY QUESTIONS. 610-252-8281.