

Angioplasty

Dear nurse of the hospital, according to the comprehensive instructions of self-care and patient education, it is necessary to educate the patient during the hospitalization and discharge of angioplasty according to this instruction and at least the following content.

Preoperative measures

- The hair at the operation site needs to be shaved before the operation. Remove jewelry, metal objects, head clips, dentures, etc. before going to the operating room.
- Take off all clothes (underwear, socks, etc.) and wear operating room clothes. If you have makeup and nail polish, clean it.
- Empty the bladder (urine) before transferring to the operating room.
- If you have a history of illness (diabetes, asthma, etc.) and a history of allergies (medication, food), inform the nurse and the treating physician.
- During catheterization and contrast injection, there is a natural feeling of pressure, hot flashes, and heat, which can be relieved by taking a few deep breaths.
- The possibility of nausea and vomiting at the time of contrast injection is normal and it is necessary to inform the nurse to take the necessary measures.
- Talk to your doctor about taking certain medications because your doctor may stop taking certain medications before angioplasty, especially if you are taking certain medications for diabetes or dilution of blood.
- Bring all the medications you are taking, especially nitroglycerin - to the hospital if you are taking them.
- Take medications that your doctor may prescribe before angioplasty with only a few small sips of water.
- A special fluid is injected through a catheter so that the arteries can be seen optimally on X-ray.

Nutrition

- A fluid diet can start one to two hours after angioplasty, with the advice of a doctor, then a normal diet.

Activity

- During ballooning (angioplasty) you should lie down still on the bed (depending on your doctor from 4 to 12 hours).
- You will be asked to lie down on your back gently and get out of bed with the help of the care team with the nurse's permission.
- If the catheter is inserted through an arm vein, you do not need to lie down for long and get out of bed with the help of a care team.

Taking care

- After the catheter is removed, the nurse or doctor applies direct pressure to the catheter insertion site for 15 minutes or more to make sure there is no bleeding.

- A bag containing sand is placed on the groin for 3-4 hours or a maximum of 6 hours to prevent bleeding in this area.
- Medications are prescribed by your doctor and are given to you at the time by your nurse.
- Inform the nurse if you have shortness of breath, chest pain, or weakness.
- Your vital signs are monitored, avoid manipulating serum and intercourse.

Diet

- Use of fluids (Due to the injection of the drug during angioplasty, it is necessary to use if you do not have a specific problem.)
- Eat lots of vegetables and fruits and include fish in your diet.
- Follow your heart diet and try to lower your blood cholesterol.

Activity

- Start your work and schedule one week after the angioplasty (ballooning)
- Do not drive for up to a week after coronary angioplasty.
- Avoid heavy work and take a break between your activities.
- Gradually, exercises such as walking, jogging, swimming, and cycling can be included in your daily routine with your doctor's advice.
- Avoid activities that put a lot of pressure on the heart, such as pushing while defecating, pulling or lifting heavy objects.

Taking care

- Touch the site of the artery incision (catheter insertion) to show signs of a mass within 2-3 days after the operation, and if the mass is touched, go to the hospital for examination.
- The bruising around the hole may naturally get bigger in a few days, which is not a concern if there is no pain.
- Small drops of blood may be seen on your underwear. If it comes on and jumped out, you should be taken to the hospital by ambulance, and while transporting, you should lie down on your back on a flat surface and press on the area above the hole.
- Bathing with lukewarm water at 30 degrees for 2-3 days after coronary angioplasty (ballooning) is recommended.
- Avoid rubbing hard on the perforated area while bathing.
- In the first 4 weeks after stenting, MRI should not be done without the approval of a cardiologist. Of course, identification tools (such as those available at airports) do not affect the stent.
- Lower blood cholesterol levels. Keep your weight in the healthy range.
- Control other diseases such as diabetes, hypertension.
- Exercise regularly. Limit climbing many stairs unless absolutely necessary.
- Avoid hot baths as it can lead to dilation of the arteries and dizziness and bleeding of the angioplasty site.
- Avoid holding your breath while changing position in bed and pushing.

Medicine

- It is very important to follow the doctor's recommendations about treatment with blood thinners such as aspirin, etc. and similar drugs.
- Antiplatelet drugs (such as Plavix) are prescribed because of the risk of clots in the stent.
- Plavix may cause complications, so periodic blood tests may be performed
- It is important not to stop taking these medications for any reason without consulting a cardiologist.

Next visit time

- Contact your doctor if you experience symptoms such as chest pain, shortness of breath, or symptoms similar to those you had before angioplasty. Call the emergency room if you feel chest pain even while resting or nitroglycerin is ineffective in relieving the pain.
- If there is bleeding and swelling at the catheter entrance and if you feel increasing pain and discomfort at the catheter entrance, if there are signs of infection such as redness, swelling, secretion with fever, if the temperature or color of the foot or arm that has been operated changes, if you feel unconscious or weakness, call your doctor or go to the emergency room.