

INTERVENTIONAL RADIOLOGY UNIT

Aftercare information for patients who have had an angioplasty and stent placement in the legs

Angioplasty and stent placement: What to expect when you go home?

You have had angioplasty of a blood vessel that supplies blood to your legs, which relieves a narrowing or blockage in a blood vessel without having an operation. A thin plastic tube (catheter) is inserted into the artery and passed through the blockage. A special balloon is placed across the narrowing or blockage. This balloon is inflated from outside the body momentarily and then deflated to improve the flow through the blood vessel. You may have also had a stent placed which is a special device made of metal mesh that is placed across a narrowing or blockage to keep the artery open.

What should I do afterwards?

- Low activity for 24 hours – avoid activities such as gardening, playing sports, running, etc.
- Mobilise normally at home
- Drink plenty of fluids and eat normally
- Someone must stay with you overnight after the procedure
- We do not apply dressings, so you can bathe as normal after the procedure

Do not:

- Operate machinery for 48 hours
- Do any strenuous lifting or exercise for 2 days
- Drive until the groin feels completely normal (the DVLA recommends 1 week). Please make sure someone is available to take you home (or use Hospital Transport if you are eligible)

What do I do if there is any bleeding at the puncture site?

In the unlikely event of bleeding press firmly on the site, and tell your relative/carer to contact the Interventional Unit (IRU) (on the number below) for advice. If out of hours, please contact emergency services by calling 999.

When to contact IRU?

- There is swelling at the puncture site
- Your leg changes colour or becomes cool to the touch, pale, or numb
- The small incision from your puncture becomes red or painful, or yellow or green discharge is draining from it.

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- You have chills or a fever over 39 degrees.

Points of contact:

If you have any queries regarding the after care plans and the implications for you or your relatives/carers please contact:

Interventional Radiology Unit (IRU), Norfolk & Norwich Hospital, Colney Lane, Norwich.

Tel: 01603 286690 between the hours of 0730-1830 Monday to Friday. Outside these hours, please contact your local Emergency department

Further information and support:

British Society of Interventional Radiology

Tel: 020 7406 5998 Web Address: <https://bsir.org>

Vascular Surgical Society of Great Britain & Ireland

Tel: 020 7973 0306 Web Address: <https://www.vascularsociety.org.uk>

Royal College of Radiologists

Tel: 020 7636 4432 Web address: <https://www.rcr.ac.uk>

