



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: Your surgeon may have chosen to use Dermabond, a type of adhesive glue, to close your incision. There are stitches present under the skin which will absorb on their own. The Dermabond is used to cover the incision, assist in closure, and prevent contamination. This adhesive will darken and peel away on its own within one to two weeks. You may shower the day after your surgery, but **do not** scrub the incision. **If you do not** have this adhesive, 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, excessive swelling, or pain develops, call our office immediately. Numbness in the region of the incision may occur following the surgery. This normally resolves in six to twelve months.

FOLLOW UP STUDIES: Doppler ultrasound studies are very important to your post-operative care. Your surgeon will arrange for them at your first postoperative visit. Repeat studies are then scheduled at six months and then yearly for two years.

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

Your first post-operative appointment is on _____ in the _____ office.

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

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3735 Nazareth Rd.,
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