

# TCAR/Carotid Artery Stent Discharge Instructions



## Activity:

- Expect a recovery period of 1 week.
- Do not lift anything heavier than 10 pounds for 1 week. No bending, straining, or strenuous activity for 1 week.
- No driving for 1 week, but you may ride in a car.
- Walk as often as you wish. Walk short distances at first and increase slowly. You may go up and down stairs.

## Diet:

- Resume the diet you were on before your surgery. Drink extra (non-alcoholic) fluids over the next 2-3 days.

## Medications:

- You will be given a prescription for Plavix (Clopidogrel) to help keep your blood from clotting around the stent. Take this medication as directed by your doctor.
- Take one 325mg Aspirin tablet per day (not Tylenol or Ibuprofen) unless instructed otherwise by your doctor.

## Puncture Site:

- There may be a small amount of bleeding at your puncture site which may stain the band-aid or clothing; this is of no concern if it is less than a teaspoon. If you begin to bleed from the puncture site, hold direct pressure over the area and call 9-1-1 for transportation to the nearest emergency room. Bruising will go away in about two weeks.
- There may be a small hard lump (the size of an almond) at your puncture site. The hard lump is normal and will clear in about two weeks. If the hard lump abruptly grows larger in size, hold direct pressure and call 9-1-1. You may shower anytime after your procedure.

***If you smoke or use any tobacco product, "PLEASE STOP NOW!"  
For assistance, Call the New Jersey Quitline 1-866-657-8677  
And please discuss with your surgeon and Primary Physician for help***

## Call Dr. Nasir Khan's office for any of these symptoms:

- Fever above 101 degrees. Redness, swelling, drainage or increased bruising around your puncture site.

## If you notice **ANY** of the following signs of stroke, call 9-1-1 for transportation to an Emergency Department:

- Sudden numbness or weakness of your face, arm, or leg (especially on one side of the body).
- Sudden confusion, trouble speaking, or understanding speech.
- Sudden trouble seeing in one or both eyes.
- Sudden trouble walking, dizziness, loss of balance or coordination.
- Severe headache with no known cause.

***Call the office 732-641-8346 within 24 hours for an appointment if not scheduled prior to discharge.***

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Patient Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Care Provider reviewing instructions Signature

\_\_\_\_\_  
Date/Time

Vascular & Vein Center of NJ  
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