

## CAROTID ENDARTERECTOMY DISCHARGE INSTRUCTIONS



### Activity:

- Expect a recovery period of three to four weeks.
- Do not lift anything heavier than 10 pounds for the first 2 weeks. No strenuous activity for four weeks.
- No driving for 14 days or while taking prescription pain medications, but you may ride in a car.
- Walk as often as you wish. Walk short distances at first and increase slowly. You may use stairs.

### Diet:

- Resume the diet you were on before your surgery.

### Incision:

- There will be an area of numbness around your incision involving your neck & reaching toward your chin.
- Men may find it more difficult to shave with a blade and may switch to an electric razor.
- Your incision will take several months to heal completely. No ointments or bandage are needed over it.
- You may shower two days after surgery. Use soap and water to gently clean the incision.
- Do not soak in a tub, whirlpool, or hot tub, or go swimming for 1 month after your operation.
  - ***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 the doctor for:

- Fever above 101F degrees. Redness, swelling, drainage or increased bruising around your incision.

### 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 your doctors office within 24 hours for an appointment if not scheduled prior to discharge.***

***These instructions have been explained to me and I have had a chance to ask questions.***

\_\_\_\_\_  
Patient Signature

\_\_\_\_\_  
Date

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

\_\_\_\_\_  
Date/24-h Time