

## **DISCHARGE INSTRUCTIONS AFTER CAROTID ENDARTERECTOMY:**

Return to your normal life activities BUT avoid heavy lifting or strenuous exercises for at least a month.

May shower in 48 hours after surgery, keep Steri-Strips in place, they will peel off by themselves in 7-10 days.

There are no stitches to come out.

Resume all the pre operative medications unless stated in your discharge orders. Surgeon will prescribe pain medication only, these medications may give some constipation if they are taken often, and it is good to take lots of fluids, prune juice, over the counter laxatives /stool softener.

If swelling develops in the neck and feels pressure, pulsatile / expanding hematoma, difficulty breathing (stridor) or swallowing, return to the emergency room immediately.

If you experience severe headaches not responding to Tylenol or pain medication, return to the emergency room immediately.

If you develop any symptom of a stroke such as: visual symptom (pulling a shade in your eye and unable to see), facial droop, garbled speech, motor deficits, numbness or tingling of contralateral side from the operative site, lightheaded, chest pains, return to emergency room immediately.

Watch for any drainage, redness of the wound, call your doctor.

Overall, exercise or remain as active as possible, control your blood pressure, lipids, blood sugars (if you are a diabetic), STOP SMOKING, and take the antiplatelet medication, such as Aspirin, Dipyridamol or Plavix.

Follow up with your surgeon in 10-15 days or sooner if needed, call the office for an appointment.