



Mr Stefan Ponosh - Endovascular Discharge Instructions Angiogram, Venogram, Balloon Angioplasty or Stenting

Please refer to the following instructions for your post-procedure care.
Mr Ponosh or the ward staff will discuss any changes with you.

This is a guide only so please feel free to ask questions or tailor your instructions on your personal circumstances.

Hospital Stay:

- In most instances you will stay overnight following your procedure.
- Ovarian vein embolization's and normally a day-case procedure.
- For more complicated cases a more prolonged stay will be required as discussed by Mr Ponosh.

Activity:

- Slowly increase your activity. You may walk as much as you can tolerate but avoid long distances for the first 5-7 days. Avoid exercising in extreme temperatures.
- Limit stair climbing to 2 times a day for the first 2 days after the procedure.
- Do not perform any strenuous activity such as yard work, sports, running, pushing, or pulling type activities for the first week after the procedure.
- Avoid lifting more than 2-5 kilograms for 48 hours (2 days) after your procedure.
- It is okay to drive after 48 hours. Make sure you can firmly extend your foot to the break without pain, for some people it may take longer than 48 hours. Please enquire with your car insurance firm for any exclusions.

Bathing/Showering:

- You may shower the day after your procedure.
- Clean your incision site with a mild soap and water. Pat the area dry with a clean towel. DO NOT scrub over the area. DO NOT apply lotion or creams to the catheter insertion site.
- You do not need a bandage.
- Avoid baths, swimming pools and spas for 1 week.

Incision:

- Many patients will not have an incision. There is generally a tiny puncture wound in the groin or bend of the arm. If there is a dressing still in place when you go home remove it in the shower the next day.
- If you have an incision, it is normal for there to be some redness and swelling for the first week after the procedure. There will be a raised ridge along the incision line for several weeks. This is normal.
- Dermabond is adhesive glue that is occasionally used to close the incision. The glue will appear shiny at first and then become sticky, darken, and begin to peel away. DO NOT scrub the incision, this glue will dissolve and come off in 1-2 weeks after the procedure on its own.
- If a suture/stitch is present in your groin wound/s, this can be removed by your GP 10 days post procedure as directed by Mr Ponosh.

Medications:

You may be discharge home on (if not already on) one or more of these medications.

- Aspirin 100mg daily
- Clopidogrel 75mg daily
- Warfarin
- Oral Anticoagulants e.g. Eliquis or Xarelto

These will be prescribed at Mr Ponosh's direction and will be discussed with you by Mr Ponosh, or the discharge ward nurses.

In most instances aspirin will be maintained lifelong after intervention, whilst other medications such as Clopidogrel will be for a defined period as clarified by Mr Ponosh. Discharge medications will be provided by the hospital, but repeats will need to be obtained from your GP.

It is VERY important that you take these medications as directed and do not cease unless directed by Mr Ponosh.

Following your procedure:

- Most people do not have very much pain following this procedure. If you do have some mild discomfort at the catheter insertion area you can take over-the-counter pain medications such as Paracetamol or Ibuprofen unless you have been instructed not to take these medications for another health reason. Take them as directed on the package.
- Resume taking all your medications unless advised not to.

Follow up:

A follow up appointment will be made for you by Mr Ponosh's office. His secretaries will send you appointment letters via email or post. They will be 4-6 weeks from your procedure date. You may also be required to have an Ultrasound or other imaging prior to this appointment, his secretaries will also advise you of this.

If any of the following concerns arise, please immediately call:

Mr Ponosh's Office – 9386 6000 (office hours)

OR your hospital of procedure (after hours)

Hollywood Private Hospital – 9346 6000

St John of God, Subiaco – 9382 6111

- Severe or worsening pain in your legs or feet at rest or with walking.
- Your leg becomes cold, painful, or numb.
- Increased pain, redness, discharge at your groin puncture site.
- A painful swelling occurs over the catheter insertion site.
- Fever of 38 degrees or higher.
- If you have any mild or slow bleeding from your puncture site:
 - o Lie down
 - o Apply firm, constant pressure over the area with a piece of gauze or a clean washcloth for 20 minutes. If after 20 minutes the bleeding has not stopped, contact Mr Ponosh's rooms or hospital of procedure.
 - o Call 000 if the bleeding is heavy and unmanageable.

Returning to work:

Plan on being off work for approximately 5-7 days. Returning to work will depend on what procedure you have had. It will also depend on the amount of physical labour your job requires. If you have a job that does not require physical labour, you may be able to return to work in 72 hours.