

Aftercare for coronary angiography and angioplasty

You have undergone a coronary angiography or an angioplasty. A small incision has been made through a wall in an artery, which is now temporarily weakened.

After the procedure

- Drinking plenty of fluids is recommended for the rest of the day, so that the contrast medium is removed from the body.
- Avoid physical exertion until the following morning and keep the incision site at rest. If your wrist was used for incision, maintain your hand inside a triangular bandage. If your groin was used for incision, support the site when coughing and get up from bed using your side to avoid abdominal crunching. Use caution when going up stairs.
- Keep the incision site clean. You may shower the following day and remove the bandage. Do not scrub the incision site.
- A small bruise in the incision site is normal and harmless.

After discharge

- Follow the medical instructions given at the hospital.
- Operating a motor vehicle on the day of the procedure is prohibited.
- Avoid physical exertion and going to sauna for two days.
- After a week, the incision site should have healed and there are no limitations for daily activities.
- There is not a follow-up after the procedure.

Angioplasty

A mesh wire (stent) may be implanted during an angioplasty. Its purpose is to prevent re-narrowing of the coronary artery. Your doctor will prescribe you with antithrombotic medication (clopidogrel, ticagrelor, etc.) in addition with acetylsalicylic acid (Aspirin®) to prevent blood clots inside the stent. The risk for blood clots is the highest in the following weeks from the procedure. You must follow the doctor's instructions. Discontinuation of the medication must be discussed with a cardiologist. The stent is not visible in a metal detector.

Contact the Heart Centre or Emergency Medical Services if:

- There is bleeding (press the wound), intense pain or pressure or signs of inflammation at the incision site (redness, swelling, secretion of pus) or you have high fever.
- You have shortness of breath or return of chest pain.