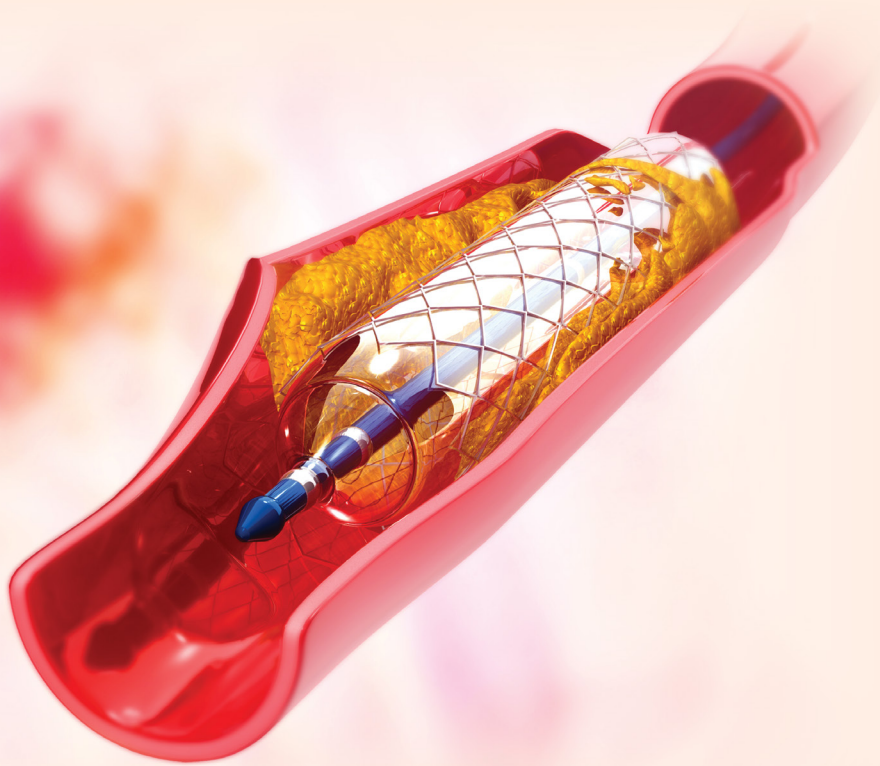


POST-PCI (ANGIOPLASTY/STENT)

Your Guide to Recovery After a Heart Procedure

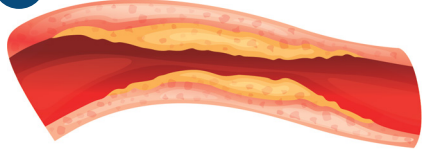


Restoring Rhythm of Life

What is PCI?

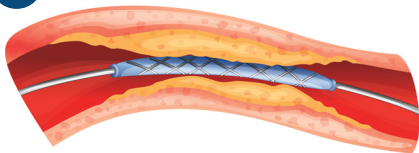
PCI (Percutaneous Coronary Intervention), also called angioplasty, is a procedure used to open narrowed or blocked coronary arteries. A small balloon is inflated to widen the artery, and often a stent is placed to keep it open.

1



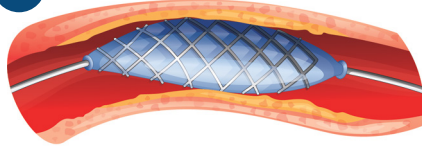
Build up of cholesterol partially blocking blood flow through the artery.

2



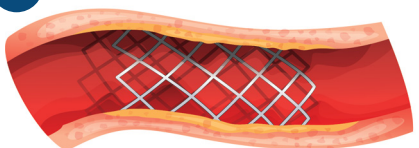
Stent with balloon inserted into partially blocked artery.

3



Balloon inflated to expand stent.

4



Balloon removed from expanded stent.

What to Expect After the Procedure?

In the Hospital

- You may go home the same day or stay overnight.
- The catheter site (usually in the groin or wrist) will be monitored.
- You'll need to lie flat for a few hours if the groin was used.



At Home

- Mild bruising or soreness at the catheter site is normal.
- Avoid heavy lifting, strenuous activities, or soaking in water for several days.
- You may feel more tired than usual – rest and take it easy.



Catheter Site Care

- Keep the area clean and dry.
- Check for signs of infection: redness, warmth, discharge, or swelling.
- Do not apply creams or lotions to the site.
- Avoid tight clothing over the area.



Lifestyle Modifications

- Healthy Diet:** Follow a heart-healthy diet low in saturated fat, cholesterol, and sodium.
- Smoking Cessation:** Quit smoking.
- Physical Activity:** Aim for at least 150 minutes of moderate-intensity physical activity per week, or 75 minutes of high-intensity activity.
- Weight Management:** Maintain a healthy weight.
- Stress Management:** Learn stress-reducing techniques like yoga or meditation.



Emotional Well-being

- It's normal to feel anxious or emotional after a heart procedure.
- Talk to your doctor about cardiac rehab or support groups.
- Lean on your family and friends for support.



Activity Guidelines

- Avoid Strenuous Activity:** For the first 2-3 days, avoid heavy lifting, prolonged sitting, and strenuous activities like running or swimming, especially on the affected leg.
- Gradual Return to Activity:** Gradually resume regular activities as tolerated, typically within a week, but heavy lifting and strain on the access site should be avoided for a few days.
- Cardiac Rehabilitation:** Consider cardiac rehabilitation to help with a gradual return to exercise.
- Sexual Activity:** Return to sexual activity can be resumed several days after PCI, provided revascularization was complete and there are no access site complications.
- Avoid heavy lifting and vigorous exercise** for 5–7 days or as advised.
- Avoid bending or straining** if the groin was used.
- Gradually resume walking and light activities.
- Do not drive** for 24–48 hours or until cleared by your doctor.



Medications

- Antiplatelet Medications:** Continue prescribed antiplatelet medications, such as clopidogrel (Plavix), prasugrel (Effient), or ticagrelor (Brilinta), as directed by the cardiologist.
- Follow Medication Instructions:** Take medications as prescribed, including dosage, frequency, and timing.
- Medication Side Effects:** Be aware of potential side effects of medications and report any concerns to the healthcare provider.
- Important:**
 - ✓ Take all medications as prescribed
 - ✗ Do not stop antiplatelet therapy unless your doctor says so.



Signs of Complications and When to Seek Medical Attention

- Bleeding:** if there is excessive bleeding at the insertion site that doesn't stop with pressure.
- Infection:** If there are signs of infection at the insertion site, such as redness, swelling, pus, or warmth.
- Chest Pain:** if any chest pain or discomfort that lasts for 5 minutes or is not relieved by rest or medications.
- Circulation/Sensation Changes:** if there are changes in circulation or sensation in the leg or arm below the insertion site.
- Shortness of Breath:** if experiencing shortness of breath or difficulty breathing.
- Fever:** if fever over 100.4 °F (38 °C)



Follow-Up Care

- ✓ Attend all follow-up appointments
- ✓ You may have stress tests or blood work
- ✓ Ask your doctor about joining a cardiac rehabilitation program

We're With You Every Step of the Way

Your recovery is important. If you have questions or concerns, contact your healthcare provider.

Clinic Operating Hours

Monday – Friday | 8:30am to 5:00pm
Saturday | 8:30am to 1:00pm
Sunday and Public Holidays | Closed



Make an Appointment



Scan for E-brochures