

What you need to know after your Percutaneous Coronary Intervention (Heart Stent)

We want you to have the best possible outcome after your Percutaneous Coronary Intervention (PCI) procedure. Below are instructions **for you and your caregiver** to help you have a smooth recovery.

What should I know about taking my medications after the procedure?

It is important to take your medications as prescribed. One type of medication everyone gets after a heart stent is a **P2Y12 inhibitor drug**. These drugs include clopidogrel (Plavix), prasugrel (Effient), and ticagrelor (Brilinta). These drugs are **very** important after a heart stent together with your aspirin (if also prescribed). Take these medications every day as prescribed until your cardiologist tells you not to. If you miss a dose, take your next dose as soon as you realize it.

Follow-up Appointment and Cardiologist Contact Information:

The date of your follow-up appointment is: _____

Provider name and specialty: _____

Location: _____

Your cardiologist, _____, can be reached at: _____

during the day, and at: _____ after hours.

Enter this contact information into your phone before you leave the hospital.

When should I call my cardiologist?

Please call your doctor if:

- You have questions about your recovery or your condition
- You have a fever within 7 days of your procedure
- New shortness of breath
- Your arm or leg feels warm, painful and/or swollen and red, or is cold, pale, blue and numb
- The wound is bleeding and you develop a hard, growing lump, or has pus or other drainage coming from it

When is it an emergency?

- Call 911 if you show any of the following symptoms:
 - New bleeding from the procedure site that won't stop after applying firm pressure.
 - New chest pain or pressure or upper back pain, radiating pain to your jaw or arms.
 - Nausea or vomiting
 - New dizziness or lightheadedness
- Call 911 if you show any signs of a stroke. These include:
 - Confusion or being unusually hard to arouse or wake up
 - Drooling or numbness of the face
 - Difficulty speaking, understanding, or seeing
 - Weakness or numbness on one side
 - Severe headache

What appointments do I need to schedule after my procedure?

Schedule your first cardiac rehab visit. Cardiac rehab is a very important part of your recovery. People who go to rehab have much better outcomes than those who don't. In addition to getting exercise in a safe environment, it will give you a chance to learn about diet, medications, and adapting to a healthy lifestyle. Rehab will also provide emotional support and allow you to meet other people going through similar challenges.

Contact information: _____

What are my activity restrictions related to wound care?

- If you had your procedure through the groin:
 - Do not lift more than 10 pounds or push or pull heavy items for 1 week.
- If you had your procedure through your wrist:
 - Do not lift more than 5 pounds or use that arm to push up from sitting or lying down for 3 days.

Who do I contact for concerns about my mental health?

Part of healing is also taking care of your mental health. Going through health challenges is hard for many patients. If you would like someone to talk to or would like more resources, please contact your doctor.



POST-PROCEDURE CARE AT A GLANCE



01

Take your medications exactly as prescribed



02

Call your cardiologist if you have:

- general questions
- shortness of breath
- a fever within 7 days of your procedure
- a hard lump or drainage from your wound



03

Call 911 if you have:

- new chest pain
- nausea or vomiting
- new dizziness or lightheadedness
- new bleeding from the wound that won't stop



04

Schedule your first cardiac rehabilitation visit

Scan the QR code for a brief video including audio instructions

