University Hospitals Dorset
NHS Foundation Trust

Percutaneous Coronary Intervention discharge information

Patient information to aid a full safe recovery post Percutaneous Coronary Intervention (PCI - also known as coronary stents)

t: 01202 303626 w: www.uhd.nhs.uk
: @UHDTrust : @uhd_nhs

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Visit **www.uhd.nhs.uk/future** to find out more.

This leaflet contains important information. Please read it carefully.

What should I do when I get home?

After your procedure you should spend a quiet evening resting the limb that was used for access for your procedure (leg or arm). You have had a local anesthetic to numb the area of your wound, this will wear off and your wound might feel a little tender or sore. Some painkillers such as paracetamol may be taken (according to instructions on/in the packet). You may eat and drink as normal and sleep in your normal position at night.

Someone should stay with you for the first 24 hours, or at least overnight as a minimum. This is in case you start to feel unwell or you start to bleed from your puncture site.

As you have had an incision into an artery, you have a risk of bleeding until the wound heals completely, which may take up to one week. If you are taking warfarin direct oral anticoagulants (DOACs) and/ or antiplatelet medication such as aspirin, clopidogrel, prasugrel or ticagrelor the risk of bleeding is higher.

Will I experience chest pain?

Your chest is likely to feel tender after the procedure. This is normal and should settle within a few days. However, if you experience severe chest pain or pain similar to your angina pain, use your GTN medicine as prescribed. If the GTN does not relieve the pain, dial **999** for an ambulance to take you to Emergency Department.

Our contact details

For wound complications:
Monday - Friday 8am - 4pm
Phone the cardiac nurse practitioners on:
0300 019 6284
and ask to speak to an Advanced Practitioner.

You may be asked to leave a message on an answer phone which is checked regularly. We will call you back as soon as possible.

Out of hours (evenings / nights / weekends)
Phone Ward C24 left on
0300 019 4085 / **0300 019 4516**

The above numbers should be used for wound complications. For any other concerns, please contact your GP. If it is an emergency, please call 999 and ask for an ambulance.

Other useful numbers

GP out of hours service: **111**

If you develop any of the **following complaints or have any concerns please contact us for advice** (telephone numbers page 7):

- Persistent tenderness or swelling of the wound or limb
- Redness or warmth to the touch of the wound or limb
- Numbness/pain/pins and needles in the limb
- Leakage from the wound
- Rash on limbs or body
- Temperature/fever
- Lump in wrist wound (It is normal to have a pea sized lump in a groin wound)

How do I look after my wound? (the wound is where the cannula was introduced i.e. groin or wrist)

- Avoid lifting or any strenuous activity for one week, as it increases the pressure in the groin and wrist area, making it more likely that the wound will bleed
- Avoid rubbing the wound site. Do not put creams, talcum powder or soap directly onto the site for up to a week after the procedure. This is to avoid irritation and reduce the likelihood of infection

- Commencing the day after your procedure, shower/strip wash and change the plaster daily for the next three to four days or until the skin heals. During this time shower rather than bathe and do not swim for one week following the procedure (also avoid washing up if you have a wrist wound)
- You may also get some bruising which could last for several days. If you have a groin wound, bruising could go down as far as your knee and up your tummy. If you have a wrist wound, bruising could go as far as your elbow. This is normal, providing it does not become swollen/hard or uncomfortable

What do I do about medication?

- If you have been advised to continue taking **warfarin**, you will receive specific instructions about when to take it and when to book your next INR appointment from your consultant. **If you are taking Warfarin and / or a direct oral anticoagulant (DOAC) you are at much greater risk of bleeding from the wound**
- If you take **metformin**, this is to be recommenced 48 hours following your procedure, unless advised otherwise
- You will have been discharged with a letter for your GP. Please ensure this is given into the surgery. Your consultant at the hospital may have made some alterations to your medication regime. This discharge letter will enable you to get new/repeat prescriptions

Can I drive?

Do not attempt to drive yourself home, and do not drive for one week following your procedure (unless otherwise advised). Driving can recommence after this time, providing there are no other disqualifying conditions. The DVLA does not need to be informed. If you hold a LGV or PCV licence, you must inform the DVLA. Various tests, including an exercise tolerance test will need to be completed to enable the DVLA to decide whether you can keep your PCV or LGV licence.

Can I fly?

Flying will depend on your procedure, and you may be able to fly within 3-10 days following discharge. Please speak to your cardiologist about this.

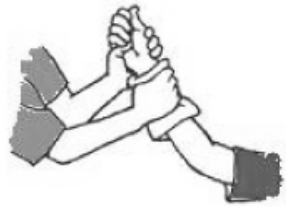
When can I return to work?

If you have had a planned (non-emergency) procedure, you should be able to return to work after seven days. If you have a manual job that involves heavy lifting you may require longer. However, if you have had an emergency PCI procedure, it may be several weeks or months before you recover fully and are able to return to work. Please check with your doctor or nurse before leaving hospital or consult your GP.

What should I do if my wound starts to bleed?

If your wound starts to bleed heavily or you have a swelling that appears to be visually growing:

- Call for someone to help you and dial 999 for an ambulance to take you to Emergency Department
- Lie down (don't go upstairs if already downstairs)
- Apply continuous pressure to the wound site
- If you have a groin wound keep your leg as straight as possible. If it is a wrist wound, raise your hand across your chest
- Continue pressing until the ambulance arrives



Wrist Wound

Groin Wound

Additional Notes

To read this leaflet in a different language, please visit our website: **www.uhd.nhs.uk/visit/patient-information-leaflets** and use the language and accessibility function available along the top of the site.

To ask for this leaflet in larger print, please contact the patient experience team on **0300 019 8499** or email **uhd.patientexperienceteam@nhs.net**.

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