

Post Operative Instructions

Carotid Endarterectomy

- **Dressings**
 - Leave the dressing on for 5 days after discharge.
 - Keep the dressing dry.
- **Showering**
 - After the dressing is removed on day 5, you may shower and wash your hair.
 - Be careful not to stretch or stress or probe the wound.
 - After showering, gently **pat the wound dry** – do not rub with a towel as this may disturb the sutures.
- **Shaving (if applicable)**
 - Some decreased sensation of the neck is normal – see below.
 - It is unsafe to shave with a blade razor as it may disrupt the wound, or cut the skin with decreased sensation in the front of the neck.
- **Exercise**
 - When discharged, you should rest at home for the first days.
 - Activities of normal daily living are permitted.
 - As you recuperate, you should slowly increase your activities and include walking, initially around the house and outside.
 - Your walking should be progressively increased to normal levels.
 - Avoid strenuous exercise for 6 weeks – e.g. Running, Gym work, Heavy lifting, etc.
- **Anticipated post procedure course.**
 - It is normal and expected after carotid surgery to have a patch of numbness on the neck in front of the wound.
 - It is normal to experience some firmness, tenderness and mild swelling in the areas of the incision in the neck.
 - Continue with your anti-platelet medication (eg Aspirin, Plavix) or anti-coagulation medication (eg Warfarin) as prescribed and discussed with you.
 - Continue to take your normal prescribed medication. If you have any queries about this, please contact my rooms.



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- **Problems and Concerns**

- If you experience any of the following, you should seek immediate medical attention, either with your local medical officer or the nearest emergency department:
 - Severe pain
 - Swelling
 - On-going bleeding
 - Neurological disturbance
 - Eg weakness or numbness arms/legs/face, loss of vision or speech.
 - Other significant symptoms
- If you have other concerns, you should contact my rooms on 95761491.
- In the case of severe concerns, call an ambulance.

- **Follow-Up**

- It is normal to have a post-operative appointment in 4-6 weeks.



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