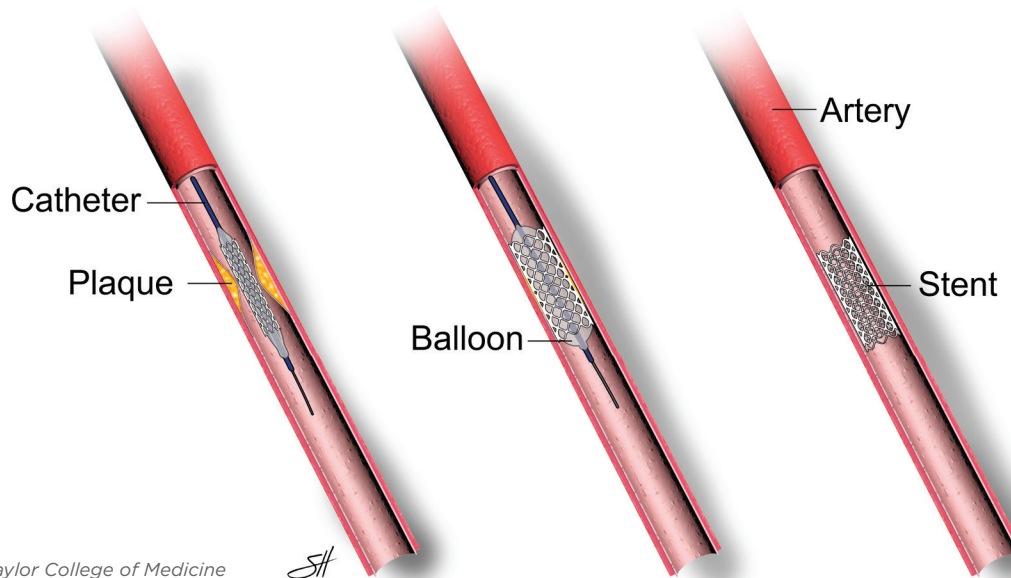


Surgery

LOWER EXTREMITY ANGIOGRAM

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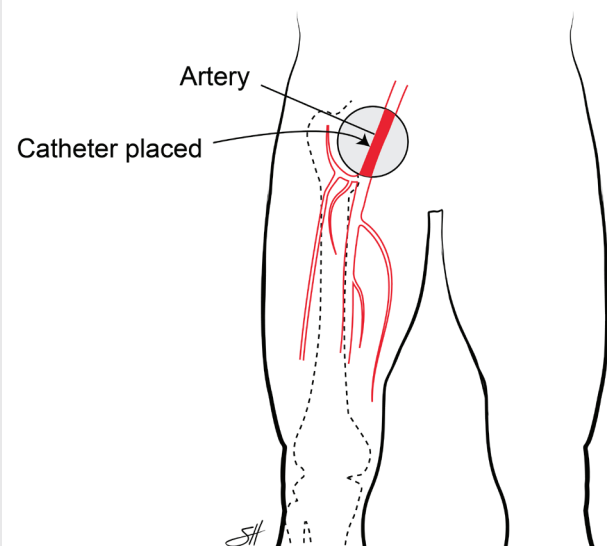
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A lower extremity angiogram is a procedure that evaluates blockages in the arteries of your leg using X-rays and contrast dye.

Surgeons use a combination of wires, catheters, balloons, stents and other devices to treat the blockages and increase the amount of blood flow to the leg.

During Surgery

- You will be given moderate sedation, consisting of intravenous anxiety and pain medications. You will be awake and able to follow directions but will be calm and not feel pain.
- The area where the procedure will be performed will be numbed using local anesthesia.
- Using a long, thin tube called a catheter, the surgeon will navigate to and inject dye into the part of the blood vessel they want to look at. (This can cause a warm, flushing sensation for a few seconds.)
- The surgeon will then take X-rays.
- If blockages are identified on X-ray, the surgeon will use either a balloon or stent to open your artery.
- Once the surgeon has treated the blockages, the catheter will be removed, and a bandage will be placed on the spot on your skin where they made the hole.



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After Surgery

Recovery – What to Expect

- You will stay in the procedure area after it has been completed and will need to lay flat there for 2-6 hours. The length of time will depend on what closure device has been used in your procedure. If you have any problems with laying flat, please contact your surgeon's office.
- You should expect to discharge home the same day after recovering from the procedure.
- Due to medications given during the procedure, you will need someone to drive you home.
- You may experience swelling in the leg after the procedure due to new and increased blood flow, which is normal. Give your surgeon's office a call to discuss ways to manage the swelling.

Hydration

If you do not have kidney disease, lung disease, or heart failure, you should drink at least the recommended amount of daily water intake, which is 3 liters. If you have kidney disease, lung disease, or heart failure, please contact your doctor for recommendations.

Activity

Don't lift anything heavier than 10 pounds, stoop, or bend for the next two days after you get home. This should prevent bleeding from the surgical site.

Incision Site Care

- Keep your procedure site clean and dry.
- Keep an eye out for bleeding from the wound. A small amount of blood on the bandage is normal, up to the size of a quarter.
- If you experience bleeding, lie down and press on the area for 15 minutes. If the bleeding doesn't stop, you should call your surgeon's office or go to the hospital right away.
- You may remove the surgery dressing and shower 24 hours after the procedure. Be sure to pat the surgery area dry with a clean towel.
- Do not soak the area until it has healed. Do not take a bath for a week, or until your surgeon says it's okay.
- If the area is sore or swollen, put ice or a cold pack on it for 10 to 20 minutes at a time. Put a thin piece of cloth between your skin and the ice.

Call your doctor right away if you have any of the following symptoms:



- A growing lump near your surgery site.
- Bleeding from your surgery site
- Significant swelling of the arm or leg.
- Pain uncontrolled by pain medication.
- Coolness and/or numbness in the arm or leg.
- Changes in color of skin on the leg or the foot
- Incision that opens up or pulls apart
- Signs of infection around the incision (redness, drainage, warmth, pain)
- Dizziness or lightheadedness
- Persistent nausea or diarrhea



You will follow up in our office in two weeks with an ultrasound. You will receive an appointment confirmation call one to two business days prior to the appointment. This information will also be available on your MyChart portal. If you have any questions or concerns regarding your procedure or care, please call the office, or you can send a message through the MyChart portal.

Call 911, or go to Baylor St. Lukes Medical Center, if you experience the following:

- Chest pain
- Shortness of breath
- Rapid, irregular heartbeat
- Changes in your speech, difficulty concentrating, or weakness on one side of your body.

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