



Carotid Endarterectomy Pre-op and Post-op Instructions

Before the Procedure:

The night before the procedure please drink several glasses of water for hydration. You will then have nothing to eat or drink except your medications after midnight. Diabetics on long acting insulin should only take one half of their evening dose.

Take a shower the morning of the procedure with an antibacterial soap. Do not apply deodorant, lotion, cream or oils.

Wear comfortable loose-fitting clothing.

Please notify us in advance if there is any change in your clinical condition.

A driver will be required to accompany you to the hospital and provide transportation home.

After the Procedure:

Carotid Endarterectomy surgery may take more than one hour to perform. Following surgery, you will be watched briefly in PACU under the care of the Anesthesiologists. Your first 24 hours in the hospital will be spent in the I.C.U. You may be discharged the day following the surgery or the following day.

You will not be able to engage in strenuous activity or drive or operate heavy machinery until cleared at your post-operative appointment.

Avoid sudden activity including standing up quickly.

Your incision is covered in skin glue that will peel off on its own in 4 - 5 days. It is OK to shower but avoid scrubbing your incision. Avoid baths, pools or immersing the incision in water for 2 weeks.

Avoid lifting more than 10 pounds for 2 weeks.

You may experience numbness along the side of your face. This is the result of nerve compression and will go away in about a month. Use electric razors if you shave.

Call our office right away if you develop redness at the incision site, drainage, increase in swelling, fever above 101, headache that last more that a few hours, vision changes, numbness in your face, arms or legs, difficulty in swallowing, breathing or speaking.

A physician is available on call 24 hours a day. Please call our office immediately if you experience any clinical change.