



Kuether Brain and Spine

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## **Post-op Angio: What to expect at home as you recover from an Angiogram**

### **ACTIVITY**

#### **First Day: REST**

- Do not lift anything that weighs more than 10 to 15 pounds for 1 (one) week. If you're not sure – **DO NOT LIFT**.

#### **Second Day:** Take short walks.

#### **Third Day:** Resume usual activities (unless your doctor says to rest)

#### **Bathing:** You may take a shower. **NO** baths, hot tubs or swimming for 1 (one) week.

#### **Driving:** Do not drive for 24 hours.

#### **Returning to work:** Most are able to resume working 24-48 hours following procedure.

### **MEDICATION**

- Take all medication exactly as you were told to.
- **DO NOT** stop taking any medications before discussing it with your doctor.
- Keep in mind that aspirin and clopidogrel (plavix) may cause you to bruise and bleed easily.

### **DIET**

- Drink extra fluids.
- Eat normally. Choose heart healthy foods

Note: if a stitch was placed (Perclose) a brochure was sent home from the hospital with you detailing additional instructions.

If you have any questions or concerns please contact Kuether Brain and Spine at (503) 489-8111.