**Discharge advice for patients after Carotid Endarterectomy** (1 of 2)

This leaflet should be read along with advice given from your doctor or nurse

**Further symptoms**

If you have any further symptoms similar to the ones that brought you into hospital on this occasion, please see your GP immediately.

**Exercise**

After this operation you should recover quickly and be able to return to normal activities as you feel able.

Sexual activity can be resumed when you feel comfortable doing so.

**Driving**

You can drive a car when you can turn your head without difficulty.

**Showers and baths**

As soon as your wound is dry, you can start having baths or showers.

**Wound**

If your wound starts to leak, looks red or becomes very sore you should contact your GP, practice nurse, district nurse or the vascular nurse.

**Stitches**

The stitches may be the kind that do not need to be removed, but otherwise they will be removed by the surgery or district nurse after about 5 days.

**Tablets**

You will have been given Aspirin or a similar medicine to reduce blood stickiness– it is important that you continue to take this. It is important to keep taking your medicine to reduce cholesterol and blood pressure. This will help to reduce the risk of heart attacks and strokes. You may also have been given painkillers to take as directed. If you need more, you need to make an appointment to see your GP. Sometimes antibiotics are prescribed and you will then need to take the full course.

**Smoking**

It is very important that you stop smoking, if you have not already.

Contact: Vascular & diabetes Unit
Tel: 01722 429210
done so, and that you do not start again. There is a strong link between smoking and atherosclerosis, which has caused your carotid arteries to become narrowed to a dangerous degree.

The single most effective way you can improve your health is to stop smoking. The smoking quit line is 0800 169 0 169

**Diet**

Reducing the amount of fat in your diet will help slow down the disease process causing you to need this operation. Diet leaflets are available. Please ask.