

**CAPITAL VASCULAR SURGEONS & VEIN CENTER**  
**3855 J STREET**  
**SACRAMENTO, CALIFORNIA**  
**95816**  
**PH: (916) 733-0660**  
**FX: (916) 733-0664**

**DISCHARGE INSTRUCTIONS FOLLOWING CAROTID ENDARTERECTOMY**

- ◆ **ACTIVITY:** There are no specific restrictions on activity. Gradually increase your level of activity back to normal depending upon the way you feel. Fatigue is expected for the first several weeks. Resume driving when you are able to comfortably move your head without pain or stiffness.
- ◆ **BATHING/SHOWERING:** You may bathe or shower immediately upon coming home. A clear dressing will cover your neck incision and this should be left in place for three (3) days. Remove it after this time and wash your incision gently with soap and water. Dissolving sutures, which do not have to be removed, were used. Shaving is permitted when the dressing is removed.
- ◆ **DIET:** There are no special restrictions on your diet postoperatively.
- ◆ **MEDICATIONS:** Unless told otherwise you should resume taking all of the medications you were taking before surgery. You will probably be given a new prescription for pain medication as well, which should be taken every three (3) to four (4) hours only if necessary.
- ◆ **FOLLOW-UP APPOINTMENT:** We should see you in the office usually two (2) to three (3) weeks after discharge. Please call the office at 916-733-0660 to schedule this appointment.
- ◆ **PLEASE CALL US IMMEDIATELY FOR ANY OF THE FOLLOWING PROBLEMS:**
  - weakness, numbness, tingling involving your arm, leg or face
  - loss of vision
  - difficulty speaking
  - severe headache (mild headache is common)
  - increasing swelling, pain, drainage or redness of the neck wound
- ◆ **PLEASE FEEL FREE TO CALL THE OFFICE WITH ANY OTHER CONCERNS OR QUESTIONS THAT MIGHT ARISE AT (916) 733-0660.**