



**Wound Care** Angiograms usually involve a small puncture in the groin or the arm. A small, waterproof dressing is used, which may be removed after 3 days. If you have concerns about the wound increasing pain, an enlarging lump, discharge or redness; please contact our offices, or present to the closest emergency department and notify Dr Theivendran through the treating hospitals switch board.



**Blood Thinners** If you are taking any blood thinning medications (or are unsure if you are), Please discuss with Dr Theivendran, to ensure they are managed appropriately both before and after your angiogram



**Showering** You may shower as normal, with the waterproof dressing intact, in the first 3 days after your angiogram. Dr Theivendran advises against swimming or taking a bath for 1 week after your angiogram



**Discomfort** Patients usually experience very little discomfort at an angiogram puncture site after their procedure. If you have new or increasing pain at the puncture site, or in the limb that has had an angiogram, please contact our offices, or present to the closest emergency department and notify Dr Theivendran through the treating hospitals switch board.



**Mobility** You are required to lie flat in bed for 1 to 4 hrs after your angiogram, to minimise the risk of bleeding at the puncture site. Dr Theivendran suggests bed rest on the day of your procedure and then only gentle mobilisation the next day. You are advised to avoid strenuous exercise or activities the following week.



**Travel** We advise AGAINST any long-haul travel (>4hrs) for the first 2 weeks after your surgery. You may return to driving 72 hours after your surgery (if you are comfortable in doing so).



**Bruising** Bruising is common after your surgery and often increases slightly in the following week. Bruising will decrease and subside, but commonly takes 6-8 weeks to completely resolve.

## ? Questions

If you have any questions in the period after (or prior to) your surgery or if you notice any of the following conditions: **painful or red wounds, increasing pain, or swelling**, please contact our office at any time.

## + Concerns

If you have any concerns and are unable to reach out to our offices, please contact the hospital and ask them to contact Dr Theivendran directly. For urgent concerns requiring immediate attention, please present to your nearest hospital's casualty department, for emergent assessment.