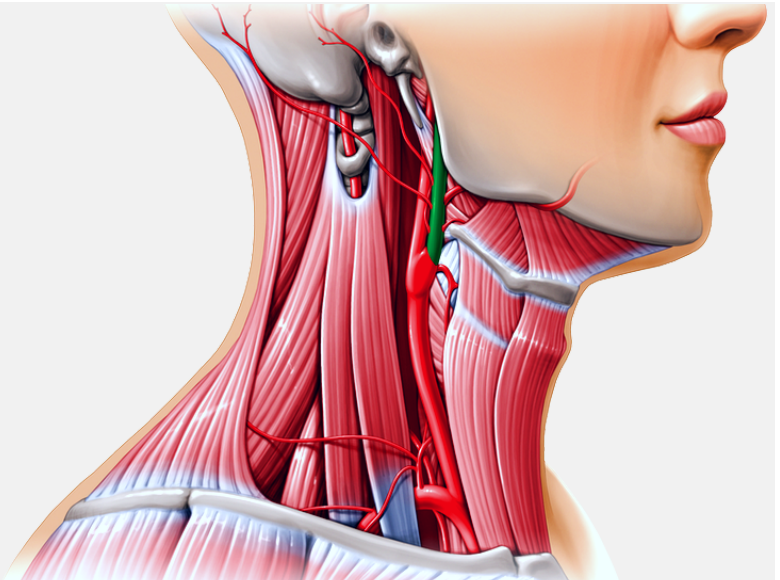


What is a Carotid Endarterectomy?

A **CAROTID ENDARTERECTOMY** involves an incision in the front of the neck to expose the diseased carotid artery and peels away the plaque from the artery wall. The artery is patched with an artificial material or a piece of vein from another part of the body. The incision is then stitched.



What Are Some Benefits From Having a Carotid Endarterectomy?

A carotid endarterectomy can significantly lower the risk of having a major stroke in people who have moderate to severe blockage in the artery and have suffered a minor stroke. For those who have not experienced a stroke or TIA, a carotid endarterectomy is only performed if there is a near occlusion of the vessel.

What Are Some Common Symptoms Following a Carotid Endarterectomy?



SORE THROAT

You can expect to have a sore throat, or sore throat trouble swallowing for days or weeks after surgery.



NUMBNESS

You may experience numbness in the incision area, and this can linger for several months.



FATIGUE

Fatigue is also common after surgery, so it's important to get plenty of rest.

How Should I Look After Myself When I Get Home From Surgery?



FOOD

Although patients can typically resume a normal diet when they return home, you may want to favor soft, bland foods until the discomfort is gone.



DRIVING & EXERCISE

For the two weeks after surgery, you may be advised to avoid driving, lifting anything that requires straining, and intense exercise such as running, cycling or weights.



RETURNING TO WORK

Most people are able to return to work and resume most normal activities between 2 and 4 weeks after surgery. But recovery can take longer for older patients or those who have ongoing health conditions: e.g. hypertension, diabetes or cardiovascular disease.

