



HEART SOUTH

VASCULAR INSTITUTE

FEMORAL POST-OPERATIVE INSTRUCTIONS:

- No driving for 24 hours.
- No alcohol for 24 hours.
- Do not stay alone for 24 hours.
- Do not sign important paperwork for 24 hours.
- Drink several glasses of water for the next 2-3 days to flush out the contrast dye.
- No lifting more than 10 pounds for 1 week.
- No excessive stair climbing for 1 week.
- Shower only for 1 week (no bathtubs, hot tubs or pools).
- You may remove the dressing in 24 hours. You may replace it with a band aid if needed.

****If you take Metformin or Metformin containing medications, please do not take those medications until _____.

Watch groin for bleeding or swelling. If bleeding occurs, lie down, have your family member to hold pressure and call 911.

Watch groin for excessive bruising or a hard knot (hematoma). If these occur, lie down, have your family member to hold pressure and call 911

Watch for signs and symptoms of infection in the groin (redness, fever, foul smell or drainage) and report these to your Heart South physician at 205-663-5775

Thereafter: Please return to the office for your scheduled follow up appointment on:

_____ at _____ with _____.

Designee/ Patient: _____

Date: _____

Witness: _____

Date: _____

If you have any questions or concerns, please feel free to call our office.

**1022 1st street North Suite 500
Alabaster, AL 35007
205-663-5775**

