

CAROTID SURGERY

Discharge Instructions

Activity

1. You may resume normal activity gradually.
2. You may walk and climb stairs.
3. You may drive a car 2 weeks after your surgery if you can turn your head easily, unless your doctor gives other instructions.
4. You have no other restrictions.
5. You may take a tub bath. Keep your incision dry for 3-5 days, and then you may shower.

Diet

1. Healthy heart diet, or other diet as prescribed by your primary care physician.

Care of Incision

1. Remove the dressing tomorrow and leave incision open to air.
2. Call your doctor for redness, increased swelling, or a lot of drainage from your incision.
3. Use only soap and water on your incision unless the surgeon or his assistant tell you otherwise.

Call Your Surgeon For...

1. Pain not relieved by your pain medicine.
2. Fever over 101° F.
3. Problems with walking such as loss of balance or swaying.
4. Problems such as slurred speech, muscle weakness, or numbness.

DO NOT SMOKE! You have been free of nicotine for several days. This will be the easiest time of your life to quit. For questions or support, call Mary Byrd of the Smoking Cessation Program at (828) 213-0292.