



For more information please visit us online at: <http://www.osmh.on.ca/diagnostics/>

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## VASCULAR STENT INSERTION

### What is it?

Vascular stent insertion is a minimally invasive procedure to open narrowed or blocked blood vessels. A small, mesh-like tube called a stent is placed inside the vessel to improve blood flow. Guided by imaging like X-ray or ultrasound, this procedure helps treat conditions such as blockages or aneurysms, reducing symptoms and preventing complications.

### Why do I need it?

Reasons for this procedure may include the following<sup>1</sup>:

- **Legs:** Severe pain, nonhealing ulcers, or rest pain due to poor blood flow.
- **Arms:** Arm pain, weakness, dizziness, or nonhealing hand sores from narrowed blood vessels.
- **Abdomen:** Hard-to-control high blood pressure (renal artery stenosis) or stomach pain after eating with weight loss (mesenteric ischemia).
- **Neck:** To improve brain blood flow and reduce stroke risk if surgery isn't an option.
- **After Other Procedures:** To keep blood vessels open following angioplasty, if needed.



## HOW IS THE PROCEDURE PERFORMED?

### Before

For specific questions regarding the clinical need for this procedure, please contact your ordering provider

#### Patient Preparation:

You should wear loose-fitting clothing that is easy to change out of. **You will need to arrange for someone to drive you home after you have recovered from the procedure.** One support person (spouse, friend, caregiver, family member) may accompany you on the day of your appointment, but not into the procedure room.

You may have clear fluids up to **four hours** before the procedure. Continue taking your morning medications, **except for blood thinners** (see next page), with a small sip of water.

Please bring a list of the medications you are currently taking and a list of any drug/medication allergies you may have.

Please phone the Diagnostic Imaging booking line at **705-325-2201 ext. 3505** for cancellations or rebooking if you are unable to attend your appointment.

#### Bloodwork:

Your doctor or healthcare provider will order bloodwork and it must be completed **within 1 week before** your scheduled procedure to ensure we receive your results before your appointment. Unavailable bloodwork results may cause a delay or rebooking of your procedure.

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#### Before (Continued)

##### Medication:

Your doctor or healthcare provider will also ask you to stop any blood thinners you take (also known as anticoagulation or antiplatelet medications). Talk to your doctor or healthcare provider about which medications need to be stopped prior to the procedure, for how long, and when you can safely start them again.

The following medications must be stopped prior to the procedure as per the listed times. Discuss this with your doctor or healthcare provider if you have concerns about stopping any of the below medications:

Medication		Number of Days to Hold
Enoxaparin	(Lovenox)	Withhold 1 dose before procedure
Dalteparin	(Fragmin)	Withhold 1 dose before procedure
Apixaban	(Eliquis)	Withhold 3 days before procedure
Rivaroxaban	(Xarelto)	Withhold 3 days before procedure
Dabigatran	(Pradaxa)	Withhold 4 days before procedure
Warfarin*	(Coumadin)	Withhold 5 days before procedure until target INR $\leq 1.8$
Clopidogrel	(Plavix)	Withhold 5 days before procedure
ASA	(Aspirin™)	Withhold 5 days before procedure

\*Patients on **Warfarin (Coumadin)** require a new INR drawn 1 day before the procedure.

#### Coming To The Hospital

You must first sign-in with **Centralized Patient Scheduling & Registration (CPSR)**, which is located immediately to your left when you enter the hospital from the main entrance (off Dunlop Street, across from the gift shop). You'll receive a wristband and, for new tube insertions, be directed to **Day Surgery**. They'll prepare you and take you to **Diagnostic Imaging** at your scheduled time.

**Please bring to the hospital your OHIP card and a list of current medications you are taking.**

You may also bring a book, water, phone/tablet with earphones, and a snack in a small bag for when you are recovering from the procedure.

#### During

This procedure is performed in the Interventional Radiology Department of Diagnostic Imaging.

**The duration of your appointment time will vary from 1 hour – 3 hours.**

**You will recover in the Post Anesthesia Care Unit (PACU) for another 1 hour – 2 hours.**

1. You will change into a hospital gown.
2. A medical radiation and imaging technologist (MRIT) will explain the procedure and answer any questions you have.
3. You will lie on your back on a fluoroscopy table and will be awake for the procedure. You will receive pain medication during the procedure.
4. This is an aseptic procedure; your wrist or groin (depending on location to be stented) will be cleaned using a hospital-approved cleansing agent, and sterile drapes applied.
5. A radiologist will inject a numbing agent, called Lidocaine, at the procedure site. This numbs the area.
6. The radiologist will use ultrasound and x-rays to gain access to, assess, and treat your condition.
7. A dressing applied at the end of the procedure. A closure device may also be used.
8. You will recover in PACU and be discharged once you meet recovery standards. In some cases, you may be admitted to the hospital for overnight observation.



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## WHAT TO EXPECT AFTER



### Recovery & Going Home

You will be sent to the **Post Anesthesia Care Unit (PACU)** to recover from the procedure. Before being discharged, bloodwork may be taken to determine if you have met recovery standards. In some cases, you may be admitted overnight for observation. This possibility will be discussed with you at the time of your consultation appointment.

**Note:** If you had an arterial puncture in the groin then you must lay relatively flat for at least **4 hours** after the procedure in PACU.

**You will need someone to drive you home after the procedure.** Don't drive for the next 24 hours or while you're taking strong pain medicine. If you were given medication to help you relax or manage pain during the procedure, then you cannot drive for the next 24 hours.



### Diet & Activity<sup>2</sup>

- Rest for the first two days at home; expect to feel tired and weak initially. Sleep when you feel tired.
- Have an adult family member, caregiver, or friend stay with you the night after the procedure in case you need help.
- Resume your normal diet, but if you feel nauseous, try bland, low-fat foods like rice, chicken, toast, or yogurt.
- You may resume light activities after 24 hours.
- Stand up slowly to avoid dizziness and take short walks around your house.
- Go up and down stairs slowly.
- Avoid lifting anything heavier than 4.5 kilograms (10 pounds) for 5 to 7 days.
- Avoid strenuous activities (sports, jogging, tennis, etc.) for 5 days.
- You can bathe or shower whenever you feel ready.
- Gradually return to normal activities over the week following the procedure.
- Depending on your job, you can return to work when you feel ready.
- Check your temperature twice daily for the next five days.
- If you were given antibiotics or pain medication, take them as directed. Some pain is normal.
- If your incision is in your groin, avoid straining during bowel movements for 3 to 4 days.
- For a wrist procedure:
  - i. Minimize wrist movement for 24 to 48 hours.
  - ii. Avoid strenuous activities for 24 hours.
  - iii. Avoid using heavy machinery (e.g., lawn mowers, motorcycles) for 48 hours.
  - iv. Mild tingling in the hand or tenderness at the insertion site is normal for up to 3 days.

**Please discuss with the radiologist anything you should avoid or not participate in after this procedure**



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## Wound Care<sup>2</sup>

- You will have a standard bandage / dressing covering the procedure site.
- It is normal to feel soreness in the area of the procedure site for 2 – 3 days.
- Keep a dressing / bandage over the procedure site for the first day.
- After 24 hours you should change the dressing / bandage. You may replace it with a Band-Aid that is big enough to cover the procedure site.
- Wash the site daily with soap and water, gently cleansing with your hand or a washcloth. Do not rub.
- Avoid applying creams, lotions, or ointments to the wound site.
- Wear loose-fitting clothing over the wound.
- It is important to keep the insertion site clean and dry.
  
- Your insertion site should stay soft and dry as it heals. If you notice minor bleeding:
  - Lie flat immediately.
  - Apply **firm pressure** with a clean cloth or tissue for **15 minutes**. If possible, have someone else help.
  - After 15 minutes, the site should be dry and flat. Cover it with a bandage.
  - Notify your doctor or healthcare provider right away.



## Bathing

- You can shower or bathe normally after 24 hours, as long as the procedure site is scabbed over or closed.
- Be gentle as you wash over this area of your body.
- Do not take baths, soak in water, or swim for one week after the procedure.
- For wrist procedures, avoid submerging the wrist in water for 48 hours.

**Talk to the interventional radiologist about bathing techniques if you have concerns.**



## Medication

- **If your doctor or other healthcare provider advised you to stop any medications for this procedure then consult with them first about the safety of when you can start your medications again;**
- Otherwise, resume your normal medication schedule.
- If you **normally** take acetylsalicylic acid (Aspirin™) or another blood thinner medication, ask your doctor or healthcare provider when to start taking it again. Make sure that you understand exactly what they want you to do;
- Otherwise, **do not** take (Aspirin™) or anti-inflammatory medicines (such as ibuprofen) for one **week** after the procedure (for new insertions, only).

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## WHEN TO SEEK HELP<sup>2</sup>



### Call 911:

If you believe you require emergency care – **call 911**. Reasons to call 911 include:

- You have passed out (lose consciousness), or become very dizzy, weak, or less alert
- You have severe trouble breathing
- You have a fast or uneven pulse
- You experience sudden chest pain and shortness of breath
- Significant bleeding from the puncture site (i.e. bright red blood that won't stop)
- Continuous profuse blood streaming from the wound
- A jet of blood pumping from the puncture wound
- Quickly increasing swelling of the area around the wound, which may be pulsating



### Call your doctor, healthcare provider, or Health Connect Ontario immediately if you experience:

- Increased pain, swelling, warmth, or redness at the procedure site
- Redness or warmth around the procedure site or pus or blood draining from the procedure site
- A fever (more than 100°F / 38°C)
- Chills, with or without fever
- Bright red blood has soaked through the bandage / dressing over the procedure site.
- You have bleeding from your access site that does not stop after 20 minutes of gentle pressure.
- New or worse pain at the puncture site or increased bruising extending beyond the puncture site
- You are vomiting, or have new or worse nausea and/or vomiting
- Redness or red streaks around the skin wound
- Bleeding, pain or drainage at the puncture site
- Numbness or tingling in the foot, thigh or leg (groin puncture), or numbness or tingling in the hand, forearm or upper arm (wrist puncture)
- A lump larger than a golf ball (groin puncture) or grape (wrist puncture) at the insertion site.
- Colour change and/or coolness of the leg or foot (groin puncture) or arm or hand (wrist puncture)

**Health Connect Ontario may be reached 24-hours a day, including weekends, by:**

- Calling 8-1-1
- Calling 1-866-797-0007 (TTY – teletypewriter service)
- Visiting <https://healthconnectontario.health.gov.on.ca/> and selecting “Chat with us”

**BRING THIS INFORMATION PACKAGE WITH YOU SHOULD YOU URGENTLY NEED TO SEE YOUR DOCTOR OR GO TO THE EMERGENCY DEPARTMENT OF YOUR NEAREST HOSPITAL.**

*Use this material for your information only. It does not replace advice from your doctor or other health care professionals. Do not use this information for diagnosis or treatment. Consult with your health care provider about a specific medical condition.*

### References:

1. Mueller, D. Peripheral Vascular Stent Insertion. May 13, 2024. Accessed November 25, 2024. Medscape. <https://emedicine.medscape.com/article/1839716-overview>
  2. After Your Interventional Procedure (Angioplasty & Stent). Accessed November 25, 2024. Cleveland Clinic. <https://my.clevelandclinic.org/departments/heart/patient-education/recovery-care/interventional-procedures/after-your-interventional-procedure#overview-tab>
- Icons supplied from <http://www.flaticon.com/>