

## Essential Information after your Vascular Procedure

### Why do I need scans afterwards?

It is very important when you have had ANY vascular intervention whether it be angioplasty, stent, stent graft or bypass graft that you have regular surveillance scans (ultrasound or CT etc) and attend your outpatient appointment with the vascular surgeon.

Arteries, stents and bypass grafts can become narrowed over time which can lead to the artery/graft blocking. When this develops it does not cause symptoms until very late in the process when it can result in pain, wounds and even loss of a limb or organ depending on the blood vessel involved. When it causes symptoms, it is more difficult to treat and the risk of complications is higher. It is therefore CRUCIAL that these surveillance scans are performed to pick up developing problem early when they can be treated more easily.

If these scans are not done the surgeon will not be able to see if the artery, stent or graft is becoming narrowed and at risk of blocking.

### Where do I go for my scans?

If you live in the Perth Metropolitan area it is preferred that you have your scans performed at Sir Charles Gairdner Hospital as this ensures accurate scans and convenience in times of emergency as we can access all your previous scans at once.

If you live outside the metropolitan area it is your responsibility to ensure you have your scan prior to your telehealth follow up appointment and that a copy of the result is sent to my secretary on fax 08 6316 1490. Any concerns please phone the rooms on 0432 233 482.

### How can I reduce my risk of further problems in general?

It is equally important that you DO NOT SMOKE as the disease in your arteries will progress and develop elsewhere.

You must also ensure you continue to take all the medication for your risk factors as prescribed by the vascular team to prevent heart attack, stroke and other problems relating to circulation to your organs. This usually includes some or all of the following depending on your situation:

1. Medication to prevent your blood being sticky.
2. Medication to keep your blood pressure in the normal range.

3. Medication to reduce your cholesterol.
4. Medication to treat your heart.
5. Medication to treat diabetes if relevant.

It is also very important that you eat a healthy diet and exercise regularly.

Please feel free to contact my secretary with any questions.