

## YOUR LIFE AFTER ANGIOPLASTY:

# A TIMELINE FOR

# RECOVERY

## LEARN HOW SOON YOU CAN RETURN TO YOUR EVERYDAY ROUTINE AFTER A STENT PROCEDURE

Implanting a stent, such as a **fully dissolving stent**, is a common way to treat blocked heart arteries. Here's what to expect as you head home and gradually return to your activities.



### THE FIRST 24 HOURS:

**Keep activity to a minimum**—no more than walking around your home. Make sure the area where the catheter was inserted is clean, dry and bandaged. Contact your physician if you notice extensive swelling, bleeding or discharge at the site.



### WITHIN 2 TO 3 DAYS:

Even if you feel better don't stress yourself. That means **no strenuous exercise and no lifting heavy objects** (nothing heavier than a gallon of milk). Have someone drive you to appointments. Walk only short distances on level ground. Avoid going up and down stairs more than twice a day.



### 1 WEEK LATER:

Many people can get back to work within one week of coming home if their job does not involve a lot of physical activity. **Check with your doctor if you're concerned about the physical requirements of your job.** You may experience some minor chest pain—this is normal.



### 7-10 DAYS LATER:

You may be able to start exercising. Now the concern is more for protecting the access site on your leg or wrist than about stressing the heart and arteries. **Keep your workouts light.** Slowly increase the intensity over the next few weeks. It is critical that you keep your follow-up doctor appointments.

**ALWAYS:** Follow your doctor's orders in taking medications.



To learn more about the latest advancements in treating coronary artery disease, visit [absorbstent.com/learn](http://absorbstent.com/learn)

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