

# Information on Endovascular stenting and ballooning

## ENDOASCULAR STENT

### What is an endovascular stent?

An intravascular stent is a small metallic tube that is placed on the balloon catheter and introduced into the blocked artery. The stent is gently expanded by inflating the balloon, to open the vessel, restore blood flow and relieve symptoms. The stent remains in the vessel as a permanent implant.

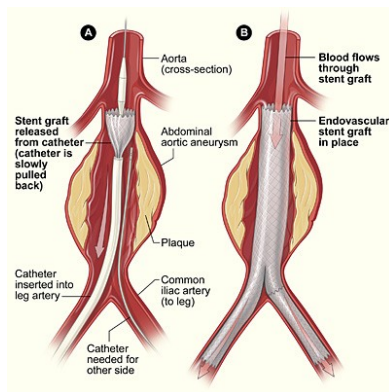
### How a Stent is Inserted?

The stent is placed on the balloon catheter and directed to the blocked area of the vessel.

Once the balloon and stent are in the correct position, the balloon is inflated, causing the stent to open. One or more stents may be expanded in the vessel.

The stent will remain in place permanently keeping the vessel open.

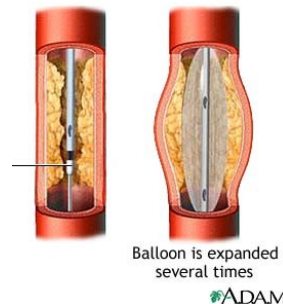
The healthy lining of the vessel will slowly grow over the stent, making it a permanent part of the vessel wall. The stent will not usually limit any of your normal activities.



## ENDOASCULAR BALLOON

### What is endovascular ballooning?

Intravascular ballooning is a vascular procedure where a balloon is inserted into the blocked artery or vein via the groin. Ballooning is designed to reduce the blockage in the vascular system to allow stronger blood flow through the body.



### How is ballooning performed?

The ballooning procedure is performed in a Catheter Lab as an inpatient. The balloon is inserted deflated through an incision in the groin.

Once the balloon is in place it is inflated for a few seconds at a time, this is repeated several times until the blockage has been opened and blood can flow through the vessel normally.

### Pre-Procedure

You will be admitted the night before or the morning of your procedure. You will also need to fast from 24:00 the night before your procedure.

If you are taking Warfarin, Metformin, Diamicon or insulin please call the office for further instructions. Most other medication are fine to take on the morning of your procedure as usual.

Please do not shave, wax or remove hair from your

legs at least one week before your procedure, or your procedure may be cancelled.

If needed, a blood test will be performed either prior to admission or within a short period after arrival at the hospital.

You will not need to remove your glasses, hearing aids and dentures. You will be awake throughout the procedure. Please empty your bladder before the procedure.

### Post Procedure

When the procedure is complete, you will be moved back to the ward. You will need to stay in bed for 4 – 6 hours depending on your Doctor's instructions.

The leg of the affected groin must be kept straight.

The head of the bed can be raised to the approximately 30°.

You may eat and drink on return to the ward.

Your blood pressure pulse, foot pulse and puncture site will be checked frequently.

Please report immediately any of the following:

- Fresh bleeding from puncture site
- Numbness swelling or pain at the puncture site
- Feeling unwell

- Altered sensation in the legs

You will need to use a bed pan or urinal if you want to pass urine while you are confined to bed.

Following angiogram, you will be discharged on the same day; for angioplasty and/or stent you will be required to stay overnight and be discharged the following day.

### **Discharge Information**

You must not drive a car on the day of your procedure, and for 24 hours post procedure. Therefore it will be necessary to arrange for someone to drive you home from hospital.

Avoid any strenuous activities for at least 24 hours following your procedure.

If bleeding occurs, apply firm pressure to the puncture site, rest quietly and contact your doctor.

If the puncture was made in the groin, please remove the dressing the following morning. If there is no swelling, you may also resume normal activities at that time.

Please make a follow up appointment with Dr Sieunarine in order for the puncture site to be checked, and to discuss findings and

further managements.

If you are planning to fly less than two weeks after your procedure please make sure you have a follow-up to discuss your recovery.

### **Important:**

If you experience any of the following symptoms please call your doctor and/ or Dr Sieunarine;

- Increased swelling around the wound
- Excessive bleeding
- A change in sensation or feeling in your leg

### **REST QUIETLY**

For assistance please contact the office on (08) 9386 9855.



Dr Kishore Sieunarine

Hollywood Medical Centre  
Suite 63, 85 Monash Avenue  
NEDLANDS WA 6009

Phone: (08) 9386 9855  
Fax: (08) 9386 9866  
reception@westcoastvascular.com.au  
www.westcoastvascular.com.au

Dr Kishore Sieunarine



'State wide, evidence based  
comprehensive vascular  
solutions'

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*Information for patients under the  
care of Dr Kishore Sieunarine*

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Suite 63, 85 Monash Avenue  
NEDLANDS WA 6009

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