

General Surgery- Vascular

Introduction

The Covid pandemic has had a significant impact on the NHS ability to provide routine elective services. We recognise that patients are waiting longer than we would all like and it is not always possible to identify when treatment will take place. This document provides you with information on how you are able to support yourself /stay healthy while waiting to attend the hospital.

The guidance has been written by clinicians who are responsible for your care

Guidance for Patients

Angioplasty and Stent

What can I do to help make the operation a success?

- If you smoke, stopping smoking now may reduce your risk of developing complications and will improve your long-term health.
- Remain active and as medically fit as possible. Regular exercise should help to prepare you for the operation, help you to recover and improve your long-term health. Before you start exercising, ask the healthcare team or your GP for advice.
- Try to maintain a healthy weight and a well-balanced diet. You have a higher risk of developing complications if you are overweight.
- Reduce the fat in your diet.
- These actions will help slow down the hardening of the arteries which caused the problem in the first place any may avoid the need for further treatment in the future.
- If you have any long-standing conditions such a high blood pressure, you should get this reviewed at your GP Surgery to ensure that it remains well controlled, this will also help prevent any unnecessary delays when you come for your pre-operative assessment.
- If you are diabetic, keep your blood sugar levels under control around the time of your procedure.
- Most medication can be taken as normal. If you are taking Metformin or any blood thinning medication such as aspirin, warfarin, clopidogrel or rivaroxaban, it is important that you let staff know at your pre-operative assessment.

My Planned Care Patient Information Platform

What should I do if my health is deteriorating?

If your health should deteriorate or your condition changes whilst waiting for surgery, then please contact our main switchboard on 01604 634700 and ask for the relevant department or Consultant that has planned your care or is managing your care.

Contact Us

Main switchboard 01604 634700