

- Do not take Ibuprofen and Clopidogrel, simultaneously (due to high risk of internal bleeding).
- Gradually (usually after 1 month) exercise activities such as walking, jogging, swimming and bicycle-running on a daily basis. Consult with your physician, first.
- You had better to walk slowly for 2-5 minutes before and after exercise.
- Vegetable liquid oils such as corn oil, sunflower oil, soybean oil, olive oil, sesame oil and etc. do not raise LDL (low-density lipoprotein) and they are useful for heart health.
- Red meat increases LDL. Limit the consumption of red meat.

Processes meat products including sausage and lunch meat are rich in saturated fats and sodium. Avoid eating them.

Fish is a global medicine for heart. It lowers glyceride level.

Limit eating egg, saturated fats such as butter and cream, and foods containing animal fats.

Avoid ready-to-cook soups due to their high salt content.

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- Fish is a global medicine for heart. It lowers glyceride level.
- Limit eating egg, saturated fats such as butter and cream, and foods containing animal fats.
- Avoid ready-to-cook soups due to their high salt content.
- Vegetables and fruits can significantly reduce risk of heart attack and brain stroke.
- Dill, carrot and apple reduce blood cholesterol.

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*Training for Patient*



**CORONARY STENT**

**PCI**

**Percutaneous Coronary Intervention**

[www.jhosp.com](http://www.jhosp.com)

## Dear Patient

Coronary arteries (arteries supplying blood to heart muscle) provide the heart muscle with blood and oxygen and if heart artery is narrowed, the amount of blood supplied to heart muscle is reduced and pain at chest occurs. Stent is a small net-shaped tube that removed the blockage in arteries and it is permanently installed within the artery. It reduces the risk of heart attack.

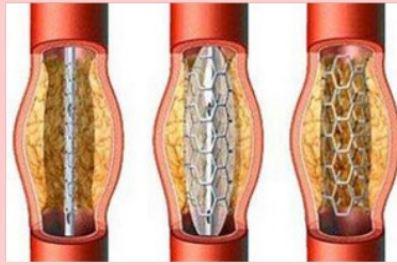
After the location and amount of blockage is investigated, the stent is sent into the coronary artery with an inflatable balloon by a guiding wire and is located at the place that is previously widened by PTCA (percutaneous transluminal coronary angioplasty). The procedure prevents further severe blockages and narrowness.

### Factors Influencing Coronary Arteries Narrowing:

*Age and gender, high-fat and salty foods, overweight and obesity, high levels of blood lipids and blood pressure, diabetes, lack of physical exercise and activity, stressful life and etc.*

### Characteristics of Heart Discomfort:

- Chest pain spreading through neck, jaw, shoulders and arms.
- Shortness of breath.
- Asthenia, vertigo and restlessness.
- Sweating and nausea.
- Reduction of blood pressure and pulse arrhythmia.



### What to do before stent installation surgery:

- Blood test and checking allergy to medicines and iodine-containing foods.
- The place of surgery must be shaved, like angiography (from below belly-button to the mid- thigh, at the both sides).
- You can have a light breakfast at the morning of surgery day.
- Dentures, glasses, hearing aids and accessories must be removed.

### Postoperative cares after stent installation surgery:

- A sand-containing bag is located on groin for 6 hours in order to prevent bleeding. You have to lie down still on bed during this 6 hours.

*It is normal to feel a little bit swelling or pain around groin. If you detect high temperature, foul-smelling discharge or 38-degree fever, call your physician.*

- For two weeks, avoid lifting up object heavier than 1 kg.
- The place of surgery is regularly checked by the nurse to detect potential bleeding or bruises. If you feel high temperature in your leg or the place of surgery gets wet, let your nurse or physician know.
- Visit your physician, 10-14 days after hospital discharge, for further check-up.
- Do not use stairs for 1 month.
- Start slow movements one day after stent installation surgery, on physician's and nurse's recommendation.

Clopidogrel is one of the most important medicines of yours. If you visit a dentist or other physicians, let them know that you take Clopidogrel.