

Balloon Angioplasty (PTCA)¹

Balloon angioplasty is a procedure to open up or restore vessels. Whenever heart blood vessels (coronary vessels) are narrowed due to fat deposits and attenuation in blood circulation occurs, the blocked vessels are to be dilated by balloon angioplasty and kept in that state to be opened up.

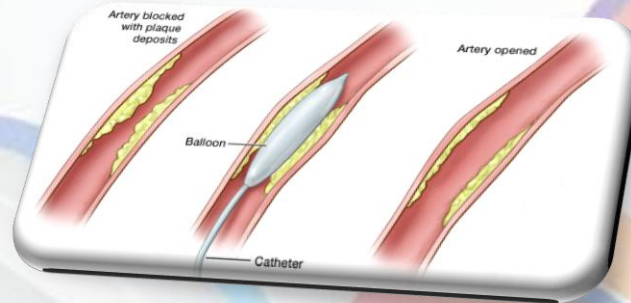
Factors Increasing Risk of Coronary Artery Stenosis

Age and gender, fatty and salty diets, overweight and obesity, high blood fat and hypertension, diabetes, lack of sufficient physical activities and exercises, smoking, stressful life and etc.

Chest Pain (Angina) Characteristics:

- Pain at chest extending into neck, jaws, shoulders and arms.
- Dyspnea
- Asthenia, vertigo and restlessness
- Sweating and nausea

- Blood pressure reduction and irregular pulse



WHAT TO DO BEFORE ANGIOPLASTY

- Blood test
- Recognizing potential allergy to drugs and iodine-containing foods.
- Shaving the area from which the angioplasty balloon catheter is inserted (from below of the belly-button to mid-thigh in both sides).
- Take a light meal at the night before angioplasty surgery and do not eat breakfast.
- Dentures, glasses, hearing aids and accessories must be removed

WHAT TO DO AFTER BALLOON ANGIOPLASTY

- You are not allowed to retouch the clot on the wound on your groin or remove it, for the first 24 hours.
- A little bit pain and/ or swelling on your groin are normal. In the event of heat rising at the place of injury, foul-smelling discharges and/ or 38-degree fever, call your physician.
- A sand-containing bag is located on your groin for 6 hours in order to prevent bleeding. You have to lie down still on bed during these 6 hours.
- Your vital signs (blood pressure, pulse, specially peripheral pulse) are controlled, precisely.
- 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.

¹ Percutaneous Transluminal Coronary Angioplasty

- For two weeks, avoid lifting up object heavier than 1 kg.

Medications for Balloon Angioplasty

The most important drug for balloon angioplasty is *Plavix*.

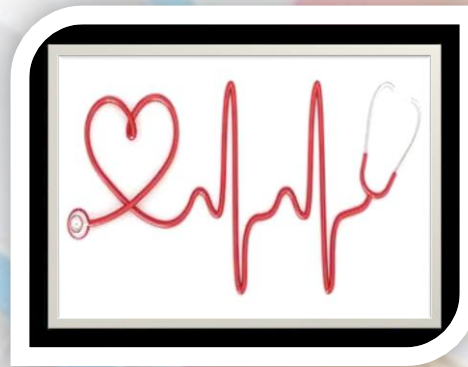
Notes about Plavix

- Plavix increases bleeding duration. As much as possible, try to avoid activities that increase risk of injury and accident.
- If you visit a dentist or other physicians, let them know that you take Plavix.
- In the event of any abnormal bleeding, call your physician.
- If you are going to have a surgery, stop taking the drug one week before surgery, on your physician's recommendation.

NOTE:

If you suffer from kidney diseases or diabetes, consult with your doctor about the appropriate manner of drug taking.

DO NOT STOP PLAVIX INTAKE UNDER ANY CIRCUMSTANCES.



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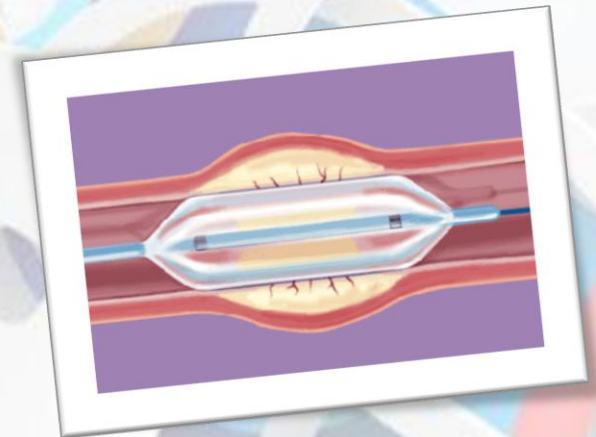
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Mashhad University of Medical Sciences

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PATIENT TRAINING



CARE TIPS FOR
BALLOON ANGIOPLASTY
(PTCA)