



## Dr Deepak Williams

MBBS, FRCS (Eng), FRCS (Edin), FRCS (Glas) FRACS, FRACS (Vasc)  
**VASCULAR AND ENDOVASCULAR SURGEON**  
Provider No. 237979BL

St Vincent's Hospital Medical Suites

Suite 2, Level 1  
20 Dalley Street  
Lismore NSW 2480  
Tel: **1300 ARTERY**  
**1300 278 379**  
Fax: (02) 6621 3411

Email – [admin@ncvascular.com.au](mailto:admin@ncvascular.com.au)

Website: [www.ncvascular.com.au](http://www.ncvascular.com.au)

Skype Address: NorthCoastVascular

## Post Angiogram and Angioplasty Care Instructions

### Wound Care

Angiograms usually involve a small puncture in the groin or the arm. A small, waterproof dressing is used, which may be removed after 3 days. If you have any concerns about the wound: increasing pain, an enlarging lump, discharge or redness; please contact our Practice, present to your local Emergency Department or GP.

### Showering

You may shower as normal with the waterproof dressing intact, in the first 3 days after your angiogram. Dr Deepak Williams advises against swimming or taking a bath for 1 week after your angiogram.

### Discomfort

Patients usually experience very little discomfort at an angiogram puncture site after their procedure. If you have new or increasing pain at the puncture site, or in the limb that has had an angiogram, please contact our Practice, present to your local Emergency Department or GP.

### Mobility

You are required to lie flat in bed for 4 hours or stay in bed overnight depending on Dr Williams instructions after your angiogram. This is to minimise the risk of bleeding at the puncture site. You are advised to avoid strenuous exercise or activities the following week.

### Travel

We advise against any long travel (over 4 hours) for the first 2 weeks after your surgery. You may return to driving when you are pain free.

### Bruising

Bruising is common after your surgery and often increases slightly in the following week. Bruising will decrease and subside, but commonly takes 6-8 weeks to completely resolve. If you have any questions in the period after or before your procedure please do not hesitate to contact our Practice. If you notice any of the following:

- increasing pain
- redness,
- or swelling at the puncture site

Please contact our Practice at any time on 02 6621 2200.