



# Discharge advice following internal iliac embolisation

## Information for patients from the Vascular Surgery Service

This leaflet has been designed to provide you with some information to help you recover from your recent **internal iliac embolisation**. It provides you with some contact numbers if you have any problems or concerns once you have been discharged home.

### How do I take care of my wound?

You will be discharged home with a dressing covering the area in your groin where the wire was passed into your leg artery. You may bathe and shower with the dressing in place which can be removed after 48 hours. The area should be completely healed by then and should not need any further dressings to cover it.

You may have a small bruise develop in this area, occasionally this becomes larger and uncomfortable. If this happens there is a risk of it becoming infected and you should contact your GP for advice. It is important to keep this wound clean.

### When can I resume my normal activities?

You may experience some discomfort in your groin when moving, a simple painkiller such as paracetamol should help with this so you can resume your normal level of activity.

You may experience some pain in your buttocks (bottom) when you walk. The level of discomfort and the distance at which you start to feel the pain will vary from patient to patient and will depend on whether one or both iliac arteries were embolised. If this happens, your body will try and compensate by developing other small blood vessels to get more blood to your buttock muscles when you walk. However, you may remain restricted or uncomfortable when walking due to this symptom.



### **When can I start driving again?**

You will be fit enough to start driving again when you are able to perform an emergency stop comfortably. Driving too soon after an investigation such as this may affect your insurance. If you are in any doubt about starting to drive again please speak to your GP or the vascular team, and check your insurance policy details.

### **When can I return to work?**

If applicable, you will be fit enough to return to work within a few days depending on your job and any discomfort you may experience in your groin and/or buttocks.

### **Will I be given medication to take home?**

If you are a diabetic and take metformin tablets, the doctors and nursing staff will advise you when to restart taking this and arrange for you to have a blood test. If taking anticoagulants, such as warfarin, you will again be advised when to restart.

You will be sent home on a small dose of aspirin or clopidogrel if you were not already taking it; this is to make your blood less sticky. Also, you will be prescribed a statin, a drug to lower cholesterol, if you are not already taking this.

### **What do I do if I feel unwell at home?**

If you develop any problems relating to your surgery, such as new pain or swelling in your wound as mentioned in the wound section of this leaflet, then please contact the vascular service using the contact numbers on the next page.

If you get sudden severe pain or numbness in your leg which does not get better within two hours, please go to the Urgent Treatment Centre at Kent and Canterbury Hospital (K&C) immediately.

If you experience any new swelling in your ankles, shortness of breath, or chest pain, you must go to your nearest accident and emergency (A&E) department as you may have a blood clot (deep vein thrombosis (DVT) or pulmonary embolus (PE)).

If you develop any health problem unrelated to your surgery, such as a chest infection, and it is within normal working hours, contact your GP surgery for advice. If it is outside surgery hours, contact your local out-of-hours doctors' service (the number is available from your GP's answerphone message).

### **Will I need a follow-up appointment?**

The vascular team may telephone or review you as an outpatient if they need to check on your progress after discharge. Outpatient visits are not always needed if you are well. If you do have any concerns, please telephone the vascular team on the numbers listed on the following page.

## Where can I get more information?

If you have any questions or concerns, please contact one of the following: during the working day, first try the vascular nurse or, if unable to get through or out of hours ask the hospital switchboard for the vascular registrar on call.

- Vascular Nurse Practitioners, K&C Telephone: 01227 864137 (in working hours)  
Email: [ekh-tr.vascular-nurse@nhs.net](mailto:ekh-tr.vascular-nurse@nhs.net)
- Kent and Canterbury Hospital (K&C) Telephone: 01227 766877  
(out of hours for Registrar on call)
- Radiology secretaries Telephone: 01227 864023 or 01227 783181
- Kent (Vascular) Ward, K&C Telephone: 01227 783102

**This leaflet has been produced with and for patients**

If you would like this information in **another language, audio, Braille, Easy Read, or large print** please ask a member of staff.

**Any complaints, comments, concerns, or compliments** please speak to your doctor or nurse, or contact the Patient Advice and Liaison Service (PALS) on 01227 783145, or email [ekh-tr.pals@nhs.net](mailto:ekh-tr.pals@nhs.net)

**Further patient leaflets** are available via the East Kent Hospitals web site [www.ekhuft.nhs.uk/patientinformation](http://www.ekhuft.nhs.uk/patientinformation)