



POSTOPERATIVE CAROTID ENDARTERECTOMY INSTRUCTIONS

- **Wound care instructions:**
 - You may remove outer dressing two days following surgery
 - You may have sterl-strips covering your incision. These will loosen with daily washing and eventually fall off. If the sterl-strips do not come off within 1 week, you may take them off yourself
 - The incision should be kept clean and dry.
 - You may shower two days after your surgery.
- **Activity:**
 - Slowly resume normal activity as tolerated.
 - Avoid heavy lifting or strenuous activity until you return for your post-operative appointment.
 - If you are not taking pain medication and have no limitations in your movement or decision-making capacity, you may drive one week after surgery. Please contact your OMV for any specific local regulations.
- **Diet:**
 - You may resume a low-fat diet as tolerated.
- **Medication:**
 - Resume all preoperative medications unless otherwise directed.
 - You may need to see your PCP within 2 weeks to address any changes.
- **What to expect:**
 - You may tire easily for 6-8 weeks following surgery.
 - You may experience a numb sensation along your neck.
 - You may experience mild to moderate incision discomfort in the lower jaw area.
- **Call the office if you notice:**
 - A temperature over 101.5° F.
 - Purulent or malodorous drainage from the incision.
 - Persistent pain unrelieved with medication.
 - Drainage or bleeding from the incision.
 - Redness or swelling surrounding the incision area.
- Follow up is typically 4-6 weeks after surgery with an ultrasound. Please call the office if you do not have an appointment already scheduled.