Remember...
It is important to be your own best health advocate. A good way to do that is by committing to routine physical exams and diagnostic tests as often as is recommended by your vascular specialist. Early detection of heart disease is important for effective treatment.

The Methodist Heart Hospital Network of Facilities

- Methodist Heart Hospital, a campus of Methodist Hospital
  (210) 575-6800
- South Texas Heart Valve Center, a department of Methodist Hospital
  (210) 575-4195
- Metropolitan Methodist Hospital, a campus of Methodist Hospital
  (210) 757-2200
- Northeast Methodist Hospital, a campus of Methodist Hospital
  (210) 757-7000
- Methodist Children’s Heart Institute, a campus of Methodist Hospital
  (210) 575-7700
- Methodist Specialty and Transplant Hospital, a campus of Methodist Hospital
  (210) 575-8110
- Methodist Stone Oak Hospital
  (210) 638-2100
- Methodist Texsan Hospital, a campus of Methodist Hospital
  (210) 736-6700

What happens after my peripheral angioplasty?
You will be asked to remain lying down for several hours. Your nurse will monitor you carefully, taking your blood pressure and checking the puncture site frequently to make sure there is no bleeding. You will be asked to drink lots of fluids to flush the dye out of your system.

What can I do when I return home?
Avoid heavy lifting and do only light activities for a few days.

Call your doctor if:
- The insertion site bleeds
- Your leg feels cold or numb
- You notice worsening of the bruising around the insertion site
- You have a fever, or signs of infection such as redness, swelling, or drainage at the insertion site.

How will I feel after my peripheral angioplasty?
Many people enjoy relief from the discomfort felt in their legs. Some people may still experience some discomfort when they walk, but the distance they are able to walk usually increases after a balloon angioplasty.

What are the risks?
As in any invasive procedure, there can be some risk involved. Your physician will discuss with you the risks particular to your individual case.

What are the risks?
As in any invasive procedure, there can be some risk involved. Your physician will discuss with you the risks particular to your individual case.
Understanding peripheral balloon angioplasty?

Atherosclerosis, or “hardening of the arteries,” affects millions of people. Atherosclerosis is the term used to describe a buildup of plaque - hard, fatty deposits - on the inside of your arteries. This build-up reduces the amount of blood that can flow through the vessels to your legs and, therefore, also reduces the amount of oxygen to the lower extremities. Your physician may have talked to you about the possibility of balloon angioplasty and stenting to open the narrowed areas in your arteries.

Balloon angioplasty is a minimally invasive technique that can be used to open clogged arteries. To perform angioplasty, your vascular specialist will make a small puncture in the artery in your groin and slip a small plastic tube called a sheath into your artery. Your physician will then place a balloon catheter through the sheath and while watching with live X-ray images, maneuver the balloon to the area of blockage. The balloon is then inflated to fracture the plaque build-up that is blocking the artery, which creates a wider channel for blood flow through the artery. Sometimes a stent will also be placed in the artery.

A stent is an expandable wire mesh tube that is maneuvered into place on a balloon catheter. The stent expands as the balloon is inflated. After the stent is deployed, the balloon catheter is withdrawn leaving the stent in place. The purpose of the stent is to provide a smooth surface on the inside of the vessel, creating a better channel for blood flow.

What happens the day of my peripheral angioplasty?

Most patients will be asked to arrive at the hospital a couple of hours before the scheduled time of their procedure. Before your procedure, you will have an IV started. You will be transported to a procedure room on a rolling bed and your nurse will tell your loved ones where they may wait. You may be given sedation through your IV. Most patients will have local anesthetic administered to numb the area in the groin where the sheath will be inserted. Others may have epidural anesthesia. Your vascular specialist will be able to tell you what kind of anesthesia will be right for you.

How do I prepare for a peripheral angioplasty?

You will receive specific instructions from your physician, but generally you will be asked not to have anything to eat or drink for eight hours before your procedure. You may have some routine tests done before your angioplasty:

- EKG
- Blood Tests
- Chest X-ray

Your physician will be able to tell you how long you can expect to be in the hospital; some patients may stay for a day or two, while others may leave within a few hours.

Some suggestions to help you prepare:

- If you will be staying in the hospital overnight, pack a small bag with a robe, slippers, and toiletries
- Do not bring valuables or currency to the hospital
- Bring your list of medications with the exact names and dosages
- Arrange for someone to drive you home
- Be sure to mention if you are allergic to X-ray dyes or shellfish
- You may wear your dentures, hearing aids, or glasses