

## Discharge Instructions Following CCSVI Procedure

1. The following are guidelines for your post procedure recovery. If you have any questions or concerns, you may contact us at 949-221-0129. If you feel you are having a medical emergency, dial 911.
2. Keep the dressing dry and intact for 24 hours. You may shower after 24 hours and remove the dressing. You may have a tub bath or swim after 48 hours. Never leave a wet or damp dressing over your puncture site.
3. You may be drowsy or dizzy after your procedure. Change positions slowly. Please rest and relax for the remainder of the day after your procedure. Normal activities may be resumed after 24 hours.
4. You may experience some throat discomfort after your procedure. We recommend Tylenol 650 mg – 1000 mg PO every six hours as needed for discomfort. If the pain is moderate to severe, please inform your physician; you will receive a prescription for Tylenol #3 for moderate to severe pain.
5. Do not drive, drink alcohol or make critical decisions for 24 hours after the procedure.
6. There are no dietary restrictions following your procedure. We recommend starting with liquids and progressing to solid foods, as tolerated.
7. You will need to be on a blood thinner for two weeks after your procedure. Our doctors will prescribe Pradaxa 150mg twice daily. If a stent is placed, you will need to take Pradaxa for 2 months. Please ask your primary physician for a prescription (Pradaxa 150mg twice a day) for 6 weeks upon returning home (total of 8 weeks.) If you believe you will not be able to obtain this prescription from your primary care physician, please inform the physician or nurse at Synergy Health Concepts prior to leaving the surgery center. You will be given a prescription for eight weeks to fill prior to your return home.
8. Your CCSVI physician will provide a prescription for a two week supply. We ask that you pick up the prescription the day of your pre-operative consultation. You will be asked to take the first dose of Pradaxa in the recovery room following your procedure. Avoid taking NSAIDs while on Pradaxa due to increased gastrointestinal upset.
9. Speak with your physician regarding aftercare follow up: physical therapy, follow-up imaging, nutrition counseling, etc.