

GENICULAR ARTERY EMBOLIZATION POST PROCEDURE DISCHARGE INSTRUCTIONS

- Resume your normal diet.
- Drink at least two quarts of fluids each day for the next few days (water, juices, tea, Gatorade).
- If you received sedation:
 - **DO NOT** drive, operate equipment, or appliances today. A responsible adult must be available to drive you home.
 - **DO NOT** make any legal decisions today.
 - **DO NOT** consume alcohol, tranquilizers, sleeping medication, or any nonprescription medication for 24 hours.
- **NO** lifting more than 10 pounds (a gallon of milk), heavy cleaning, or heavy chores for the next 72 hours.
- **NO** sports or workouts for one week.
- You may shower in 24 hours. When you do shower, shower with the band-aid on and change it after.
- Change the dressing (band aid) as necessary.
- Mild swelling and pain in the treated knee is common in the first three days and is usually manageable with over-the-counter pain medication.
- Some patients may experience mild skin changes, bruising, or discoloration of the skin on the treated knee which usually resolves on its own.
- Call 1-908-874-9236 with questions/concerns such as increased abdominal or low back pain, swelling at procedure site, fever, difficulty urinating or blood on your dressing.
- Seek immediate medical attention (Emergency Center or 911) if:
 - Bleeding: Concerning bleeding consists of bright red blood at the procedure site that does not stop. Hold firm pressure at the procedural site to control the bleeding until you are seen.
 - Loss of pulse or cold limb: Sudden change in temperature, feeling, or color of the limb used for a procedure could be a sign of lack of blood flow.
 - If you develop chest pain, shortness of breath, feel faint (like you will pass out), or a rapid heart rate.
- You may resume the following medications: Coumadin, aspirin, or any other blood thinners 24 hours after your procedure, unless otherwise directed by your physician. All other medications may be continued as previously directed.