

Lower Limb Angioplasty

Lower limb angioplasty is an invasive procedure designed to treat narrowed or blocked arteries in the legs, often due to conditions like peripheral arterial disease (PAD) It restores blood circulation and can improve symptoms.

Purpose of the Procedure

- Angioplasty is a minimally invasive procedure to improve blood flow in the lower limbs by opening narrowed or blocked arteries.
- It helps reduced pain, improve mobility, and prevent complications like ulcers or gangrene.

Health Education for Patients

1. Understanding the Procedure:

Angioplasty is performed using a catheter, which is guided through the blood vessels to the site of the blockage. Once in place, a balloon is inflated to open the artery, and sometimes a stent is placed to keep it open.

2. Pre-Procedure Preparation:

Patients may need to undergo imaging tests, such as an angiogram, to assess the extent of arterial blockage.

- **Fasting:** No food or drinks for 6 – 8 hours before the procedure
- **Medications:** take prescribed medications unless advised otherwise. Blood thinner may need adjustment.
- **Hydration:** Keep well hydrated unless restricted
- **Allergies:** Inform about allergies especially to iodine or contrast dye.

3. Post-Procedure Care:

After the procedure, patient will be transferred to intensive unit for observation.

A small catheter tube (sheath) will be placed over the groin; that will be removed the next day by the attending Radiologist.

Patients are monitored for a few hours. Patient may experience some discomfort at the catheter insertion site, which usually resolves quickly.

- **Bed Rest:** Lie flat for 4 – 6 hours to prevent from bleeding from the insertion site.
- **Site care:** Check for bleeding, swelling, or bruising at the puncture site. Keep area dry and clean.
- **Pain management:** Mild discomfort is normal, take medications as prescribed.
- **Activity Restrictions:** Avoid strenuous activities, heavy lifting, and excessive walking for 1 -2 weeks. Gradually resume light activities, such as walking to promote circulations.
- **Hydration:** Drink plenty of water to help flush out the contrast dye.

It's crucial to follow discharge instructions regarding activity levels and medication.

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4. Lifestyle Modifications:

To enhance the effectiveness of the procedure and prevent further arterial blockage, patients are encouraged to adopt healthier lifestyle choices.

This includes:

- **Dietary changes:** A heart-healthy diet
- **Regular exercise:** Engaging in regular physical activity can improve circulation and overall health.
- **Quit smoking:** smoking worsens artery narrowing.
- **Medication compliance:** Manage blood pressure, cholesterol, and diabetes.

5. Monitoring Symptoms

Please seek immediate Medical Attention

Patients should be aware of any new or worsening symptoms, such as:

- Severe pain, swelling, numbness or changes in skin colour in the legs.
- Excessive bleeding or swelling at the catheter site.
- Cold pale or blue foot or toes
- Shortness of breath or chest pain
- Fever or signs of infections at the puncture site.

6. Follow-Up Care:

Regular follow-up appointments are essential to monitor the success of the angioplasty and ensure proper healing.

If you have any concerns, call your healthcare provider at 0356391212 or visit the nearest hospital in case of an emergency.