


You had a Carotid Endarterectomy


Carotid endarterectomy is a surgery that removes plaque buildup from inside a carotid artery in your neck. This surgery is done to restore normal blood flow to the brain to prevent a stroke if you already have symptoms of reduced blood flow.

After the procedure there is a possibility of serious complications such as clotting, stroke, or death. Taking anticlotting medicines before and after surgery can reduce this risk. Other complications may include short-term nerve injury that causes temporary numbness in your face or tongue, bleeding, infection, high blood pressure, heart attack, and seizure. The risk of complications is higher in women, older people, and those with certain conditions such as chronic kidney disease or diabetes.


What can I do to lower my risk of a stroke?



A heart healthy diet is a brain healthy diet!
Eating a well balanced diet with fruits, vegetables, healthy fats, protein and plenty of water is important for brain health.









Take Medications and follow up with your doctor.
There may be medications that are new after your hospital stay; it is important to take these medications as they are prescribed to help reduce the risk of a stroke. It is also important to follow up with your doctors so they can monitor your progress.



Exercise and healthy living.
Exercise regularly, maintain a healthy weight, quit smoking, decrease alcohol intake, practice healthy sleep habits, decrease stress, talk to your doctor and family about your health plan and wishes.

Signs & Symptoms of Stroke

- B Balance:** Does the person have a sudden loss of balance or coordination? 
- E Eyes:** Is your loved one experiencing double vision or are they unable to see out of one eye? 
- F Face:** Is one side of the face drooping? Ask the person to smile. 
- A Arms:** Does one arm drift downward? Have the person raise both arms in the air. 
- S Speech:** Is he or she slurring their speech or having difficulty getting the word out right? Have them repeat a simple phrase. 
- T Time:** Time to act! Signs and symptoms of a stroke call 911! 

Questions? Contact the Comprehensive Stroke Coordinator (716) 828-2697 or visit chsbuffalo.org/stroke

The right way to care means always improving.

Scan the QR code to fill out a survey and let us know how we did.



565 Abbott Rd • Buffalo, NY 14220



Carotid Intervention

Mercy Hospital is Buffalo's only Joint Commission Comprehensive Stroke Center.



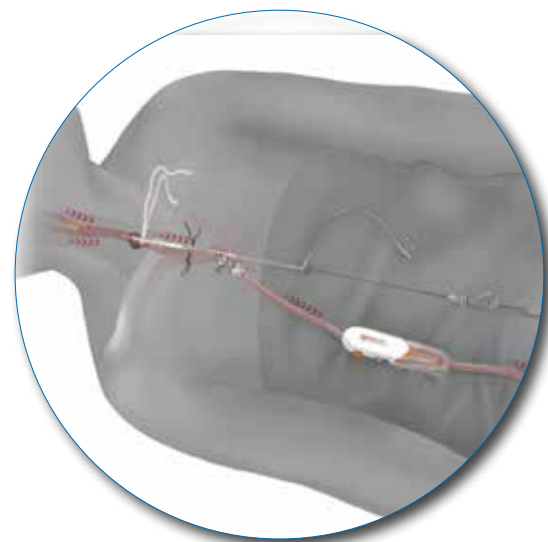
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What do I Watch For?

There are different types of strokes. **Ischemic Strokes** are the most common and occur when a piece of plaque or a blood clot moves from the carotid artery into the arteries of the brain and occlude the blood flow to the brain. It is important to look for the symptoms in the acronym **BE FAST**. The sudden onset of any changes in Balance, Eyesight, Facial asymmetry, Arm weakness, Speech difficulty, sudden confusion or sudden onset of the worst headache of your life, can indicate that you or your loved one is having a stroke. **Call 911 immediately!**

TransCarotid Artery Revascularization (TCAR)

TCAR is a procedure in which a stent is placed in your carotid artery while using a temporary blood flow reversal device that assists in collection of debris during the procedure. There will be an incision located just above your collar bone to access the carotid artery as well as in the groin area to access the femoral vein for the temporary flow reversal. After the procedure, monitor the incision sites for any signs and symptoms of infection, including persistent redness, pain, swelling, odor and drainage. It is important to report any changes to your doctor or nurse. You can ask your nurse for specific things to watch for, and follow their instructions regarding your medications.

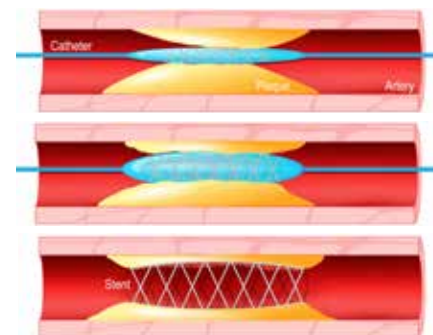


Carotid Stenosis

At Mercy we perform Carotid Stenting and Carotid Endarterectomy surgeries for our patients. This population is at high risk for a stroke, because of the plaque that is blocking the blood flow to the brain; as well as potential movement of the plaque during and after the procedures. It's important to be able to identify signs and symptoms of a stroke for you or your family members.

You had a Carotid Stent placed

For patients that meet specific criteria, stenting is a less invasive procedure. It's performed during an angioplasty, during which time a balloon catheter is guided to the area of blockage or narrowing. When the balloon is inflated, the fatty plaque or blockage is compressed against the artery walls to improve blood flow. During the angioplasty procedure, a carotid stent (a small, metal mesh tube) is placed inside the carotid artery at the site of the blockage and provides support to keep the artery open. Carotid stenting can be performed while the patient is awake, reducing recovery time. Afterward, it is likely that you will be on a *blood thinner*. Please notify your doctor if you develop any signs or symptoms of excessive bleeding or bruising (you can ask your nurse for specific things to watch for) and follow their instructions regarding your medications.



My Stroke Risk Factors are Carotid Stenosis and:

(Check all that apply)

- Atrial Fibrillation
- Peripheral Vascular Disease
- High Blood Pressure
- Prior Stroke/TIA
- Prior Heart Attack
- High Cholesterol
- Diabetes
- Smoking
- Family History of Stroke
- Hormone Replacement Therapy
- Migraines
- Obesity
- Drug/Alcohol Use
- Other_____

*Take your medications as your doctor prescribes, call your doctor or pharmacist with any questions about your medications or side effects.

**Monitor your incisions as instructed by your nurse or doctor. Call your doctor if you notice any swelling, severe pain, redness, drainage or foul odor at your incision site.

Follow up appointments are important in your recovery process. Keep all your appointments and follow up as directed.

