



Advice for patients following internal iliac embolisation

Information for patients from Vascular Surgery

This leaflet aims to give you information to help you recover from your **internal iliac embolisation**. It provides you with contact numbers if you have any problems or concerns once you have been discharged home.

How do I take care of my wound?

You will be discharged home with a dressing covering the area in your groin where the wire was passed into your leg artery. You may **bathe and shower** with the dressing in place, which can be removed after 48 hours. The area should be completely healed by then, and should not need any further dressings to cover it.

You may have a small bruise develop in this area, which can become large and uncomfortable. If this happens, there is a risk of it becoming infected and you should contact your GP for advice. It is important to keep this wound clean.

When can I resume my normal activities?

You may feel some discomfort in your groin when you move. A simple painkiller (such as paracetamol) should help with this, so you can resume your usual activities.

You may have some pain in your buttocks (bottom) when you walk. The level of discomfort and the distance at which you start to feel the pain will vary from patient to patient, and will depend on whether one or both iliac arteries were embolised. If this happens, your body will try and compensate by developing other small blood vessels to get more blood to your buttock muscles when you walk. However, you may remain restricted or uncomfortable when walking due to this symptom.

When can I start driving again?

You will be fit enough to start driving again when you are able to do an emergency stop comfortably.

Driving too soon after an investigation such as this may affect your insurance. If you are in any doubt, please call us or speak to your GP. We advise that you check your insurance policy details or contact your insurance

company as well.

When can I return to work?

You will be fit enough to return to work within a few days, depending on your job and any discomfort you may feel in your groin and / or buttocks.

Will I be given medication to take home?

- If you are a diabetic and take metformin tablets, the doctors and nursing staff will tell you when to restart taking this and arrange for you to have a blood test.
- If you take anticoagulants, such as warfarin, you will be advised when to restart.
- You will be discharged home on a small dose of aspirin or clopidogrel, if you were not already taking them. These make your blood less sticky.
- You will also be prescribed a statin (a drug to lower cholesterol) if you are not already taking this.

What do I do if I feel unwell at home?

If you develop any problems relating to your surgery, such as new pain or swelling in your wound as mentioned in the wound section of this leaflet, please contact the Vascular Service using the contact numbers below.

If you develop a sudden pain or numbness in your leg, which does not get better within two hours, please go to the Urgent Treatment Centre at Kent and Canterbury Hospital (K&C) immediately.

If you have any new swelling in your ankles, shortness of breath, or chest pain, you must go to your nearest Emergency Department, as you may have a blood clot (deep vein thrombosis (DVT) or pulmonary embolus (PE)).

If you develop any health problem unrelated to your surgery, such as a chest infection, and it is within normal working hours, contact your GP surgery for advice. If it is outside surgery hours, contact your local out-of-hours doctors' service (the number is available from your GP's answerphone message).

Will I need a follow-up appointment?

The Vascular Team may telephone or review you as an outpatient, if they need to check on your progress after you are discharged home. Outpatient visits are not always needed if you are well. If you do have any concerns, please telephone the Vascular Team on the numbers listed below.

Your surgeon will review you in clinic and advise you on your longer-term prognosis. Your symptoms may settle quickly, but can continue long-term.

Where can I get more information?

If you have any questions or concerns, please contact one of the following.

During the working day, first try the vascular nurse practitioners. If they are not available or you call out of hours, ask the hospital switchboard for the on-call vascular registrar.

- **Vascular Nurse Practitioners**
Telephone: 01227 864137
Email: ekh-tr.vascular-nurse@nhs.net
- **Out of hours on-call Vascular Registrar**
Hospital switchboard: 01227 76 68 77
Ask to speak to the on-call vascular registrar
- **Radiology secretaries**
Telephone: 01227 864023 or 01227 783181
- **Kent (vascular) Ward, K&C**
Telephone: 01227 783102

This leaflet has been produced with and for patients.

If you would like this information in **another language, audio, Braille, Easy Read, or large print** please ask a member of staff. You can ask someone to contact us on your behalf.

Any complaints, comments, concerns, or compliments please speak to your doctor or nurse, or contact the Patient Advice and Liaison Service (PALS) on 01227 783145, or email ekh-tr.pals@nhs.net

Patients should not bring large sums of money or valuables into hospital. Please note that East Kent Hospitals accepts no responsibility for the loss or damage to personal property, unless the property has been handed into Trust staff for safe-keeping.

Further patient leaflets are available via the East Kent Hospitals website (<https://www.ekhuft.nhs.uk/information-for-patients/patient-information/>).

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