

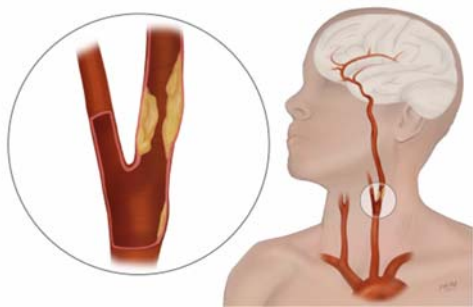
# Transcarotid Artery Revascularization (TCAR) or Carotid Endarterectomy (CEA)



You have two carotid arteries, one on each side of your neck, and they supply blood to your brain. When plaque builds up in a carotid artery, it can increase your risk for a stroke.

Transcarotid Artery Revascularization (TCAR) is a minimally invasive procedure used to create a new path for blood to flow to your brain where plaque previously blocked blood flow. This procedure is performed through a small incision at your neckline just above your clavicle.

A carotid endarterectomy (CEA) is performed through an open incision at the front/side of your neck.



## What Can I Expect After a TCAR/CEA?

Patients who undergo a TCAR/CEA usually recover quickly, spending just one night in the hospital. If possible, please arrange for someone to help you at home the first couple of days. You should plan to take off work for about 2 weeks, depending on the level of activity at your job.

How will I feel after surgery?

- Your throat will probably be sore for several days after surgery
- Mild headaches are common
- You may feel tired or get winded more easily
- It is normal to have swelling or bruising in your face and/or neck
- It is NOT normal to have extreme swelling into your throat that makes it difficult to breathe

Activity:

- Do not lift anything over 10 pounds for 2 weeks after surgery
- For 2 weeks, do not bend over at the waist to pick anything up, try to squat down instead
- Do not drive until you are no longer taking pain medications
- Avoid strenuous activities for 2 weeks (running, heavy lifting, bicycling, aerobics, etc.)
- Elevate your head when sleeping
- Try to walk every day, start with short distances and increase each day
- You may want to eat smooth, soft foods like soup and yogurt for a while before returning to your normal diet

Medications:

- Take all medications as prescribed in your discharge paperwork



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- Pain medications may cause constipation. You may take an over the counter stool softener or laxative and try to include fruits, vegetables and fiber in your diet
- Take pain medications with food to avoid upset stomach
- Call your pharmacy to request any medication refills

## Incision Care:

- Shower as usual with soap and water ONLY
- DO NOT apply hydrogen peroxide, rubbing alcohol or ointments to your incision
- Slight redness or swelling over the incision is normal
- If you have surgical glue or tape over the incision, do not remove it; these will come off on their own
- Keep the incision clean and dry
- Do not soak the incision site until it's healed (do not get in a pool, hot tub, lake, etc.)

## Please call our office if you experience:

- Pain that is not relieved with pain medications
- Bright red blood soaking through the bandage over your incision
- Signs of infection including severe redness or warmth at the incision site, pus draining from the incision, fever greater than 101 degrees

If you were not given a post-op appointment, please call our office to schedule a post-op visit with your doctor.

