

Discharge Instructions for Peripheral Vascular Disease

You have been diagnosed with peripheral vascular disease. Peripheral blood vessels deliver oxygen-rich blood to the legs and feet. Over time, blood vessel walls may thicken as they build up with plaque (a fatlike substance). As plaque builds up in an artery, blood flow can be reduced or even blocked, causing peripheral vascular disease.

Home Care

- Maintain a healthy weight. Get help to lose any extra pounds.
- Cut back on salt.
 - Limit canned, dried, packaged, and fast foods.
 - Don't add salt to your food at the table.
 - Season foods with herbs instead of salt when you cook.
- Begin an exercise program. Ask your doctor how to get started. You can benefit from simple activities such as walking or gardening.
- Break the smoking habit. Enroll in a stop-smoking program to improve your chances of success.
- Take your medications exactly as directed. Don't skip doses.

Follow-Up

Make a follow-up appointment as directed by our staff.

When to Call Your Doctor

Call your doctor immediately if you have any of the following:

- Pain in your legs or a sensation that your legs are "giving out"
- Tingling, numbness, or coldness in your feet
- Change in the color of your toes
- Open sores that won't heal on your toes, feet, or legs
- Chest pain
- Shortness of breath

- Trouble speaking