

Patient Information

The Eye Unit

Going home after temporal artery biopsy

Banda label

This booklet aims to give you all the information you need whilst recovering after a temporal artery biopsy.

The day of surgery

You will have a dressing covering the wound on your temple. This dressing should remain in place until your follow up appointment unless you have been advised otherwise.

You will have stitches which to be removed at a later date unless dissolvable stitches were used for your surgery. You will be informed which type of stitches you have.

Follow up appointments

Your next appointment will be in approximately one week. The doctor would expect to have the results of your biopsy ready at this time but sometimes the laboratory may need more time to process your results.

Please bring **all** medications with you to your appointments.

If you have any questions, please make a list and bring it with you.



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Medication RIGHT/ LEFT

Please **START** using your medication on: _____

You will receive guidance about your medication from staff. The chart below will help to remind you when to take it.

Medication Name	Breakfast	Lunch	Tea Time	Bedtime

If you have been prescribed steroid tablets, please read the leaflet provided with them and follow the advice regarding your specific dosage and schedule

Please do not take more than the recommended dosage

- If in doubt please speak to your pharmacist or doctor.
- You can eat, drink, and take all regular medications as normal.
- Please ensure that you only take medication that does not upset you and does not cause reactions with other medications you might be taking

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- You might also find over-the-counter mild painkillers, such as paracetamol or ibuprofen beneficial
- It is a good idea to carry a list of your medicines with you. If your doctor or dentist wants to prescribe something for you they can check your current list of medications
- Let your pharmacist know what prescribed drugs you are taking if you are buying any over-the-counter medications

After the procedure

- The artery will take several days to completely heal from the procedure, so during this time please avoid vigorous or strenuous activity including sports and heavy lifting, in order to allow the wound to heal properly.
- You may experience some discomfort after the procedure. An ice pack is probably the most effective method of dealing with pain from this operation. As it will help with the pain and prevent some of the swelling. Do not put ice directly on the skin. Wrap the ice pack (or ice in a zip lock bag) in a hand towel; hold it on the wound for 10-15 minutes at a time, as is tolerable.
- You can bathe and wash your hair carefully, taking extra care not to wet the wound or dressing

Do not drive yourself to any follow up appointments. If possible have somebody accompany you.

Travelling abroad

It is advisable to discuss any travel plans in advance with the surgeon.

Contact the hospital if:

- You experience any sudden bleeding
- You notice any unusual discharge from the wound
- You are having excessive pain at the wound site or generalized headache
- You feel that there is an increase in redness or swelling around the wound area
- You have any change in your vision

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- You have worsening of symptoms for which this investigation procedure was carried out

In case of emergency please attend the Eye Casualty Department, Clinic 9, University Hospital, Coventry

Contact numbers

Ophthalmic Day Unit Monday-Friday 7:30-17:30 02476965923

UHCW Eye Casualty Tel 024 7696 6627

Monday to Thursday 08.30am – 4.30pm

Friday 08.30am – 4.00pm

Saturday 08.30am – 12.00pm

Outside these opening times please attend the Accident and Emergency Department at University Hospital Coventry

General Practitioner

You will be given a letter to take to your GP. If you are unable to deliver it, we can post it for you.

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact 024 7696 5922 and we will do our best to meet your needs.

The Trust operates a smoke free policy

Document History

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