



Information for You from Your Health Care Team

**Endovascular Abdominal Aortic Aneurism Repair
Discharge Instructions**

What activities can I do?

- ◆ You should walk as much as you can and slowly increase how far you go.
- ◆ You can go up and down stairs unless instructed not to.
- ◆ You may not drive or return to work until after your doctor visit in 2 weeks.
- ◆ Do not lift anything that weighs more than 5 pounds.
- ◆ You should not do any hard activities until checked by your doctor.

How do I take care of my incision?

- ◆ Make sure to keep your dressings clean and dry.
- ◆ You may take the dressings off and shower 2 days after your surgery.
- ◆ Do not soak in a tub until your incisions are completely healed.
- ◆ You may have steri-strips on your incision. These will loosen fall off.
- ◆ Wash incisions gently with soap and water daily.
- ◆ You may place a gauze pad over the incisions to keep them clean and dry.
- ◆ Avoid tight clothing that may rub against the incisions.

What medicine should I take?

- ◆ You may have pain incision sites.
- ◆ You will be given a prescription for medicine to help with moderate pain.
- ◆ Extra Strength Tylenol or Acetaminophen may be taken for mild pain.
- ◆ Start taking your pre-operative medicines unless instructed not to.

How can I avoid problems after surgery?

- ◆ It is important that you avoid these risk factors to prevent problems after surgery.
- ◆ Do not smoke and stay at a good weight.
- ◆ Take care of high blood pressure, high cholesterol, and diabetes.
- ◆ Your doctors will help achieve control of these risk factors.

When should I call my surgeon?

- ◆ If new bleeding or swelling occurs at the incision site(s). If this occurs, lie flat and have someone apply firm pressure over the area of bleeding. Call 911 right away and go to the nearest hospital Emergency Room. Continue to apply pressure until the ambulance arrives.
- ◆ If you notice any signs of infection such as, increased redness, tenderness, warmth, swelling or drainage from the incision or if you develop a fever (greater than 101.5 degrees Fahrenheit by mouth)
- ◆ If your legs or leg becomes more painful, cold, numb, has a change in color or you can not move your toes.
- ◆ If you have any lightheadedness or feel like you are going to pass out.
- ◆ You can call your surgeon at 464-1800.