

DISCHARGE INSTRUCTIONS AORTIC ANEURYSM REPAIR

Following discharge from the hospital, you may have some questions about your operation, your activities or your general condition. These instructions may answer some of your questions and help you adjust during the first few weeks following your operation.

ACTIVITY Limit your physical activity to slow walking. Avoid climbing or heavy lifting for the first six weeks after surgery. You may require help with walking or feel more secure with someone to lean on. Walking up steps and normal activities may be resumed, as you feel ready. Most people tire easily for the first few weeks following aneurysm surgery. This improves as conditioning returns.

You should not drive a car for at least one week following discharge from the hospital. You may *ride* in a car for *short* trips.

DIET Resume your normal diet. Try to eat low fat and low cholesterol foods. Your appetite may be poor for several weeks following abdominal surgery and you may experience some weight loss. A mild laxative or fleets enema may help regulate bowel movements in the postoperative period.

MEDICATIONS Resume all medications taken prior to your operation unless you receive specific instructions to change.

INCISION You may include the operated area in a shower on the fifth day following surgery. Sitting in a tub is not recommended for the first week following surgery or if you have any open wounds.

It is normal to have swelling or discoloration around the incision. If increasing redness or pain develops, call our office immediately. Numbness in the region of the incision may occur following the surgery. This normally resides in six to twelve months.

If any of your incisions are open and require dressing changes, you will be instructed in this. If you are not able to change the dressings, a visiting nurse will be arranged.

FOLLOW UP STUDIES Doppler ultrasound studies may be important to your post-operative care. If they are necessary your surgeon will arrange for them at your first postoperative visit

APPOINTMENTS Make an appointment to see your *primary care physician* within one month after your discharge.

Please call our office the day of your discharge from the hospital or the following day so we can schedule your first post-operative appointment.

PLEASE CALL THE OFFICE IF YOU HAVE ANY QUESTIONS. 610-252-8281.