

GENERAL VASCULAR SURGERY MEDICAL GROUP, INC.

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**VASCULAR SURGERY
NONINVASIVE VASCULAR DIAGNOSIS**

**POST-OPERATIVE INFORMATION
following
ABDOMINAL AORTIC ANEURYSM REPAIR**

1. Normal post-operative findings:

Mild pain and/or redness along incision. These symptoms should gradually improve. You may use Regular Strength Tylenol for incisional pain. You may take 2 tablets every four hours as needed for pain.

Your appetite will probably not be up to par for several days, and perhaps even a few weeks; this is not unusual and your appetite will improve gradually

2. Your incision will be closed with staples or sutures. These will remain in place for 10-20 days. They may be removed before you discharge from the hospital but, if not, they will be removed in our office at your first post-operative visit. You may shower once all the staples are removed; until they are removed, sponge bathing is recommended.

3. Following your discharge from the hospital, you should call our office and make an appointment to be seen within 7-10 days.

4. Your doctor does not want you to drive a motor vehicle until you are seen in the office for your first post-operative visit and he gives your permission.

5. It is important that you avoid lifting after you're discharged. The abdominal muscles need up to three months to completely heal. Have someone help you by taking out the garbage, carrying groceries, etc., until you are completely healed.

6. Walking is good for you. We encourage it daily. Just remember you will tire easily, so take it slowly at first and gradually increase your distance.

7. You are to continue taking the same medications at the same dosages you were taking prior to surgery unless instructed otherwise by your doctor.

8. We encourage you to follow a low cholesterol diet, stop smoking, and maintain an average weight for your body build.

9. If you have any questions, please feel free to contact our office at the above listed number.