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## **DISCHARGE INSTRUCTIONS AFTER ENDOVASCULAR ANEURYSM REPAIR**

- Ambulate as much as can be tolerated, avoid strenuous exercises or heavy lifting for at least 6 weeks after the procedure.
- Keep the groin wounds clean, dry and covered with a dressing to avoid drainage into the underwear.
- Resume ALL the preoperative medications, unless specified by your surgeon at the time of discharge. Surgeon will prescribe pain medication only, these medications may give constipation if they are taken often.  
It is good to drink lots of fluids, prune juice and take over the counter laxatives or a stool softener.
- May shower after 48 hours, pad the wounds dry, and apply a dry dressing. The groin area can easily get infected. Keep the steri strips in place, they will peel off by themselves in 7-10 days. No bathing.
- If fluid collection becomes apparent just after the surgery, it may be a hematoma (blood collection). If it bleeds, is painful, pulsatile or expanding, return to the emergency room immediately. If it happens after about a week after surgery and it doesn't give you any symptoms, just keep watching it. If it grows and becomes uncomfortable, it can be aspirated in the office, it could be a seroma. It might recur, so if it becomes symptomatic, the patient might need to be returned to the operating room to explore the wound and see if the lymph channels can be found to ligate them or tie them.
- If any redness, drainage, fever or foul smelling can be perceived in the groin wounds, call your surgeon or return to the emergency room.
- If any abdominal pain develops, not responding to the usual over the counter medication, lightheadedness, sharp abdominal pain, chest pain, shortness of breath, sweating, back pain, cold lower extremities, pale, pain, numbness, discoloration in either lower extremity, return to the emergency room as soon as possible.

Bruising and purplish discoloration may happen, even it can migrate to the pelvic area, producing genitalia edema, which may be normal. If the swelling is overwhelming, return to the emergency room or your doctor's office.