



AMBRAD-CHALELA

Tri-Cities Vein & Vascular Institute

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DISCHARGE INSTRUCTIONS AFTER AORTIC SURGERY:

- Avoid heavy lifting or strenuous exercises for at least three months after surgery. Ambulating is fine.
- Resume ALL preoperative medications unless ordered by the discharging surgeon. Your surgeon will prescribe pain medication only, these medications may give some constipation if they are taken often, and it is good to take lots of fluids, prune juice, over the counter laxatives or stool softener.
- Keep the steri strips in place; they will peel off by themselves. If no steri strips placed but staples were used, they will be removed about 7-10 days after surgery. Patient may shower 48 hours after surgery. Reinforce dressing or change it, if needed. Keep the wound clean and dry. Patient may shower after 48 hours of the surgery, no bathing.
- If abdominal pain not responding to pain medications, nausea, vomiting, dehydration, fever, not passing flatus or having bowel movements in several days, call your doctor or return to the emergency room.
- If there is substantial abdominal pain not related to the incision, with back pain along, lightheadedness, chest pain, shortness of breath, unable to breathe well, dizziness, return immediately to the emergency room.
- If you feel that either lower extremity is having change in color, pale, pain, numbness, or they become cooler, unable to walk, return to the emergency room immediately.
- If there abnormal drainage or excessive redness on the wound, call your surgeon.

Prior to your surgery make sure you have made a Post Op appointment with the office. The Post Op appointment with your surgeon is in his office usually 10-15 days after your surgery, or sooner if needed.