

## **AFTER YOUR VASCULAR SURGERY INSTRUCTIONS**

You are ready to leave the hospital. Here are some guidelines suggested by your surgical team. These guidelines will provide answers to your questions and give you something to refer to at home.

### **ACTIVITY**

- ♥ Avoid heavy lifting and straining until approximately one month after your surgery.
- ♥ You may drive one month after your surgery.
- ♥ In nice weather, it would be good for you to walk outdoors whenever possible as instructed.
- ♥ It is normal to feel more tired some days than others. Make sure you rest between activities. Becoming more active and returning to work will depend on how strong you feel as well as your surgeon's advice.

### **BATHING AND WOUND CARE**

- ♥ Shower daily if strong enough to stand; if not, you may use a stool to sit on.
- ♥ Use mild soap (Dial<sup>®</sup> or Safeguard<sup>®</sup>) on incisions. Avoid scrubbing the incisions. Pat the area dry.
- ♥ Do not use lotions, oils, salves, powders, etc. on the incisions. They will heal better without. Do not expose your incisions to the sun.
- ♥ All bandages may be removed unless otherwise instructed.
- ♥ Call the SURGEONS at 505-563-2500 or 1-800-734-4278 if wounds become red, swollen, tender to touch, drain, or if you have a fever greater than 100.5°.

### **MEDICATIONS**

- ♥ You will be given a separate sheet outlining your medications.
- ♥ It is normal for you to have some discomfort from the incision or related numbness, aches, and twinges for many weeks following surgery. You may take two (2) Tylenol<sup>®</sup> (regular strength) every 4-6 hours as needed for pain. You may also be given a prescription for a stronger pain medication initially.

### **ASK US**

We are pleased to answer your questions or discuss your condition with other health care professionals.