



## IMPORTANT NOTE FOR OUR SURGICAL PATIENTS

(Prior to your surgery): This *surgical reference sheet* NEEDS TO BE PLACED in an area where it can conveniently be referred to by you, after your surgery. A night-stand or refrigerator are common places many patients choose. After your surgery has occurred, it is common to have a variety of questions. This surgical reference sheet will be your guide and help answer these common questions:

### Abdominal Vascular Surgical Patient

#### **What to Expect After Surgery**

- Greatest discomfort will be within the first 48 hours after surgery.
- Some bruising.
- Some swelling.
- Some drainage at incision site is normal.

#### **Surgical Site Care Instructions**

- You may remove bandages 48 hrs after surgery.
- You may shower 48 hrs after surgery. Incision(s) can be washed with soap and water.
- *Staples will be removed at your first follow-up visit to our office.*

#### **Pain Mgmt After Surgery**

- You will be given an appropriate prescription for pain medicine. Take as directed by your physician.
- After that initial prescription, a patient's remaining pain is generally managed with over-the-counter pain medications. Pain medication such as ibuprofen (Advil™ or Motrin™) **OR** acetaminophen (Tylenol™) **OR** naproxen (Aleve™) can be taken. Follow label instructions.
- Avoid sleeping on your abdomen until the tenderness has completely subsided.

#### **Other Helpful Information**

- May drive once you are no longer using prescription pain medicine.
- Encouraged to be out of bed walking, the day following surgery.
- Avoid strenuous activity/lifting greater than 20 pounds for one week after surgery. Then proceed with activities as tolerated.

#### **When to Contact Our Office**

- Fever of 101° or greater.
- Increased redness or swelling around incision.
- Thick, odorous drainage from incision.
- Bleeding that will not subside.
- Have a sudden increase in pain.