

DISCHARGE INSTRUCTIONS

Abdominal Aortic Aneurysm Care Instructions

ACTIVITY

- ✦ NO driving or heavy lifting.
- ✦ You may ambulate as tolerated.
- ✦ ELEVATE you legs on 2 or 3 pillows while in bed or sitting. You may experience significant swelling in your leg after bypass surgery. This is expected and is best controlled by elevating the leg as much as possible.

MEDICATIONS

- ✦ Resume your pre-hospitalization medications unless instructed otherwise.
- ✦ Take 1 aspirin, Ecotrin or Ascriptin every day (adult strength 325 mg.)
- ✦ Use painkillers as prescribed and as needed. Take with food to decrease the chance of stomach upset.

INCISION (SITE) CARE:

- ✦ You may leave your incision open to air. If there is any drainage from the incision, you may cover it with a 4x4 gauze pad after cleaning the incision with hydrogen peroxide.

DIET

- ✦ Resume pre-hospitalization diet.

GUIDELINES FOR WARNING SIGNS/SYMPTOMS TO MONITOR

- ✦ You may shower 48 hours after discharged from the hospital.
- ✦ NO tub bathing for 14 days.
- ✦ Mild temperature elevation or redness may develop around the staples after surgery. If temperature exceeds 101 or significant wound problems develop – notify our office.
- ✦ If you develop excessive drainage from your incisions, sever leg pain, or a change in the color or temperature of your foot – notify our office.

FOLLOW-UP APPOINTMENT

- ✦ You should be seen 1 to 2 weeks after your surgery for your follow-up visit. If you do not have an appointment, please call the office today to schedule.

Scheduled Appt Date/Time: _____



Dr. Kenneth Madsen
2301 House Avenue
Suite 203
Cheyenne, WY 82001
Phone (307) 778-1849
Fax (307) 778-4995

BECOME A MORE INFORMED PATIENT

A more educated patient is a more compliant and, therefore, healthier patient. Follow these steps to become more educated about your vascular condition, treatment, and after-care requirements:

1. Go to our website at www.cheyennevascular.com.
2. Click "Log In" in the upper right corner of the site.
3. Under *Patient Registration*, click "Sign Up."
4. In the *Practice Code* box, type "SWVASCULAR" and click "Continue."
5. Complete the registration form and click "Continue."
6. Follow the online instructions to complete the process.

RECOMMENDED READING

- ✦ *Surgical AAA Repair*
- ✦ *Abdominal Aortic Aneurysm*
- ✦ *Risk factor management:*
 - Quitting Smoking*
 - Exercising*
 - Eating to Lower High Cholesterol*