

DISCHARGE INSTRUCTIONS

Dialysis Access Graft/Fistula Creation or Upper Extremity Bypass Care Instructions

ACTIVITY

- ✦ NO driving or heavy lifting.
- ✦ You may ambulate as tolerated.

MEDICATIONS

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

INCISION (SITE) CARE:

- ✦ You may leave your incisions open to air after 48 hours post-op. 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-surgical diet.

GUIDELINES FOR WARNING SIGNS/SYMPTOMS TO MONITOR

- ✦ You may shower 48 hours after the day of your procedure.
- ✦ 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 in the office 1 to 2 weeks after surgery for your follow-up visit. If you do not have an appointment, please call the office today to schedule your visit.

Scheduled Appt Date/Time: _____

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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

- ✦ *Dialysis Access*
- ✦ *Renal Failure*
- ✦ *Risk Factor Management*