

**CAPITAL VASCULAR SURGEONS & VEIN CENTER  
3855 J STREET  
SACRAMENTO, CALIFORNIA  
95816  
PH: (916) 733-0660  
FX: (916) 733-0664**

**DISCHARGE INSTRUCTIONS FOLLOWING  
ENDOASCULAR AORTIC ANEURYSM SURGERY**

- ◆ **ACTIVITY:** There are no specific restrictions on activity. You should be as active as is comfortable. Resume driving when you are comfortable without the need for pain medication.
- ◆ **BATHING/SHOWERING:** You may bathe or shower immediately upon coming home. Dissolving sutures, which do not have to be removed were probably used. Your wounds are covered with a clear, plastic dressing which should be left in place for three (3) days. Remove it after this time and wash your incisions gently with soap and water.
- ◆ **DIET:** There are no special restrictions on your diet. Follow your preoperative dietary routines.
- ◆ **MEDICATIONS:** Unless told otherwise, you should continue taking all of the medications that you were on before surgery. You will be given a new prescription for pain medication, which should be taken every three (3) to four (4) hours if necessary.
- ◆ **FOLLOW-UP APPOINTMENT:** You should be seen in the office approximately two (2) to three (3) weeks following discharge from the hospital.

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- ◆ **PLEASE CALL US IMMEDIATELY FOR ANY OF THE FOLLOWING PROBLEMS:**
    - redness in or drainage from your incisions
    - new pain, numbness or discoloration of your feet or toes
    - new abdominal or back pain
  - ◆ **PLEASE CALL THE OFFICE AT 916-733-0660 WITH ANY QUESTIONS OR CONCERNS THAT MIGHT DEVELOP.**