

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

DISCHARGE INSTRUCTIONS FOLLOWING AORTIC SURGERY

- ◆ **ACTIVITY:** There are no specific restrictions on activity other than no lifting an object heavier than twenty-five (25) pounds for the first three (3) months. Gradually increase your level of activity back to normal depending on how you feel. Fatigue is normal, especially for the first month postoperative. Resume driving when you feel strong enough and comfortable enough without needing pain medication.
- ◆ **BATHING/SHOWERING:** You may bathe or shower immediately upon coming home. Your sutures will probably have been removed before discharge or dissolving sutures may have been used. In either case, you can wash your incision gently with soap and water.
- ◆ **DIET:** There are no special restrictions on your diet postoperatively. Poor appetite is expected for several weeks and small, frequent meals may be preferred.
- ◆ **MEDICATIONS:** Unless told otherwise you should resume taking all of the medications you were taking before surgery. You will be given a new prescription for pain medication, which should be taken every three (3) to four (4) hours only if necessary.
- ◆ **FOLLOW-UP APPOINTMENT:** You should be seen in the office usually two (2) to three (3) weeks after discharge. Please call the office at 916-733-0660 to schedule this appointment.
- ◆ **PLEASE CALL US IMMEDIATELY FOR ANY OF THE FOLLOWING PROBLEMS:**
 - severe and worsening abdominal pain
 - pain or swelling in one of your legs
 - increasing pain, redness or drainage related to your incision(s)
- ◆ **PLEASE FEEL FREE TO CALL THE OFFICE WITH ANY OTHER CONCERNS OR QUESTIONS THAT MIGHT ARISE AT (916) 733-0660.**