

Abdominal Aortic Aneurysm Repair Instructions Following Surgery

***If you have increasing redness around the incision sites, thick drainage, or fever above 101°F call the office as soon as possible (314-434-1211) to speak with our clinical staff.**

WHAT TO EXPECT

- You will feel tired and sore after surgery. You may be sore for **3-4 days (stent)** or **5-6 days (open procedure) following your surgery**. Each day will get better, thereafter (*i.e. improvement starting on day 5*). You should be about 85% improved by post-op day #7. However, you might not feel 100% improved for 6-8 weeks after surgery.
- You may or may not turn black and blue (*bruise*) around your incision sites and surrounding tissue.

INSTRUCTIONS

- Your surgeon will let you know when you may shower. Remove the dressings.
- The sutures used in your surgery are self-dissolving and should not need to be removed.
- If staples are present these will be removed in our office during your post-op visit.

MEDICATIONS

- You will be sent home on pain medicine. While on pain medicine, it is a good idea to take a stool softener to counteract constipation. You can also take Milk of Magnesia (a laxative). All are over the counter. You **should not** drive while on pain medicine.
 - Your bowel habits *may* take a few weeks to return to their previous schedule. Continue to take over the counter medications (MOM, stool softeners) to assist with constipation. You may also experience diarrhea. **Call the office** if you experience more than 5-6 watery bowel movements in a 24 hour period OR if you have not had a bowel movement in 3 days with taking over the counter medications.

RESTRICTIONS

- You should not do any strenuous exercise for 3-4 weeks (stent) or 8-12 weeks (open procedure) unless directed otherwise. No lifting over 10-15 lbs. (Ex: a gallon of milk weighs 8 lbs)
- You may walk as much as you want (*including stairs*). If having a stent placed, we encourage walking to prevent the formation of a hematoma at the incision sites.

FOLLOW UP

- Call St. Louis Surgical Consultants for a “**post-op**” visit with your surgeon 1-2 weeks after your surgery (314-434-1211).
- We will let you know whether period follow up with ultrasound is needed after surgery.
- The office is open for phone calls from 8-5 pm Monday-Thursday, Friday 8-4 pm. For after hours, call the Medical Exchange @ 314-364-5262 to speak to the surgeon on call.