

General Instructions Following Abdominal Aortic Aneurysm Repair

***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.**

PRE-OP INSTRUCTIONS = PRIOR TO SURGERY

OPEN PROCEDURE –

- **Clear liquids ONLY** the day before surgery
- *fruit juices without pulp, such as apple or white grape. Fruit-flavored beverages, such as fruit punch or lemonade. Carbonated drinks, including dark sodas (cola and root beer) Gelatin. Tea or coffee without milk or cream*

IF PREP IS REQUIRED:

- First thing in the morning (**before 10am**) the day prior to surgery, drink a chilled bottle of **Magnesium Citrate** with copious amounts of water.
 - *Can be purchased over the counter at your local store*
 - *Put in refrigerator to chill for several hours prior to drinking*
 - *This will make you have several bowel movements. Be sure that a bathroom is readily available for the rest of the day.*
- **Nothing to eat or drink after midnight** the night before the surgery.

STENT GRAFT PROCEDURE –

- If you are **DIABETIC**— STOP taking **Metformin/Glucofage** the day of the scan and the next 2 days after the test.
 - Contact your Primary Care Provider OR your Endocrinologist to see if they need you to get a blood test before restarting your Metformin.
 - *Metformin = is an oral diabetic medication/pill*

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 6-12 weeks after surgery.
- You may or may not turn black and blue (*bruise*) around your incision sites and surrounding tissue. Gravity will push this down your body as it resolves.
- You may apply ice to incision for 1st day after your surgery in 15-20 minute increments. *Be sure to place a towel between your skin and the ice pack to avoid direct contact. Not very effective after 24 hours.*

- A heating pad may also bring some comfort when used starting 2 days after your surgery in 15-20 minute increments. **Do not use high heat.**

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 a post-op visit, *~12-16 days after your procedure.*

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).
- If you have increasing redness around the incision, drainage, or fever above 101°F call the office.
 - Your incision site(s) *may* drain.
 - Do **NOT** soak healing incision site(s) – i.e. a bath, hot tub, swimming pool
 - Clear to light pink/red drainage is normal a few days after surgery
 - You may apply loose dressings to stop any drainage from soiling clothing.

The office is open for phone calls from 8am - 5 pm Monday-Thursday, Friday 8am -4 pm. For after hours, call the Medical Exchange @ 314-364-5262 to speak to the surgeon on call.

226 S. Woods Mill Road, Suite 49 West, Chesterfield, MO 63017 – 314-434-1211 – 314-434-4419 (fax)