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.