








# Care After an Aortic Endovascular Stent or Graft — At a Glance

## For an Emergency, Call 911

<b>Activity</b> 	<b>Incision Site Care</b> 	<b>Medicines</b> 	<b>Self-care</b> 	<b>When to Call 911 or Your Surgeon</b> 
<ul style="list-style-type: none"> <li>■ Limit activity to moving to and from your couch, bed, recliner and the bathroom.</li> <li>■ Try to avoid stairs.</li> <li>■ Do not lift anything heavier than 10 pounds for 6 weeks.</li> <li>■ Do not drive while you are taking prescription pain medicines. You can drive when your doctor says it's OK.</li> <li>■ Do not sit for more than 1 or 2 hours without getting up and moving during the day.</li> <li>■ Try not to bend or squat.</li> <li>■ If your legs are swollen, raise them when you sit in a chair.</li> <li>■ Follow your doctor's directions for when you can return to work.</li> </ul> <p data-bbox="142 1370 451 1419"><b>Allina Health</b> </p> <p data-bbox="131 1446 499 1507"><small>© 2022 ALLINA HEALTH SYSTEM THE ALLINA HEALTH LOGO IS A TRADEMARK OF ALLINA HEALTH SYSTEM cvs-ah-46723 (7/15)</small></p>	<ul style="list-style-type: none"> <li>■ Your incision will take about 6 weeks to heal. Some swelling, bruising and clear or straw-colored drainage are normal.</li> <li>■ Check your incision every day.</li> <li>■ Keep dry dressings on your groin incisions and drainage sites. If you have drainage, change the dressings at least 2 times a day.</li> <li>■ Gently clean your incision(s) with mild soap and water. Pat your incision sites dry.</li> <li>■ If you have an Aquacel® dressing, you can take a shower.</li> <li>■ Keep this dressing on until your follow-up appointment.</li> <li>■ Do not take a tub bath until your incision has fully healed (about 6 weeks).</li> <li>■ Only use lotions, ointments, oils or powders on your incision site if your doctor prescribes them.</li> </ul>	<ul style="list-style-type: none"> <li>■ <b>Take all of your medicines as prescribed.</b></li> <li>■ You will receive a prescription for pain medicine. <ul style="list-style-type: none"> <li>— As you start to feel less pain, take less medicine.</li> <li>— You may take acetaminophen (Tylenol® or Extra Strength Tylenol®).</li> <li>— If the prescription medicine causes constipation (unable to have a regular bowel movement), eat more fruits, vegetables and grains.</li> </ul> </li> <li>■ Do not stop taking any medicine without your doctor's approval.</li> <li>■ If you need to take a blood-thinner, take it as directed. You may need to have a follow-up test.</li> </ul>	<ul style="list-style-type: none"> <li>■ Eat healthful foods low in salt, fat and cholesterol.</li> <li>■ Talk with your doctor or dentist about taking antibiotics to prevent infection before any procedure or regular dental cleaning. You will need to do this for the rest of your life.</li> <li>■ Keep all appointments with your health care team, even if you are feeling better.</li> <li>■ Write down any questions or concerns for your health care team.</li> <li>■ <b>Do not use tobacco.</b> If you need help quitting, ask your doctor. </li> </ul> <p data-bbox="1620 1471 1876 1511"><a href="http://allinahealth.org">allinahealth.org</a></p>	<ul style="list-style-type: none"> <li>■ <b>Call 911 if you:</b> <ul style="list-style-type: none"> <li>— feel faint, have a rapid heart rate or sudden weakness</li> <li>— have severe pain in your abdomen, chest or back</li> <li>— feel severe tingling or pain in your legs, have cold feet or if your legs turn a bluish color.</li> </ul> </li> <li>■ <b>Call your surgeon if you:</b> <ul style="list-style-type: none"> <li>— have swelling, tenderness, pain that won't go away; bleeding; or green, creamy drainage at your incision site</li> <li>— feel numbness, tingling, coolness or a change in the color of your legs</li> <li>— have a temperature higher than 100.4 F</li> <li>— feel lightheaded</li> <li>— start sweating</li> <li>— have unusual bleeding or bruising</li> <li>— have other symptoms.</li> </ul> </li> </ul>