









# Care After Abdominal Vascular Surgery — At a Glance

<b>Activity</b> 	<b>Surgery Site Care</b> 	<b>Medicines</b> 	<b>Self-care</b> 	<b>When to Call Your Doctor</b> 	<b>When to Call 911</b> 
<ul style="list-style-type: none"> <li>■ <b>Do not lift anything heavier than 10 pounds for 6 weeks.</b> (This includes a baby, a full suitcase or grocery bag, or golf clubs.)</li> <li>■ Walk as much as you can.</li> <li>■ Do not sit for more than 1 or 2 hours without getting up and moving.</li> <li>■ Do not drive while you are taking prescription pain medicine.</li> <li>■ Follow your doctor’s instructions for when you can return to work and drive.</li> <li>■ If your legs are swollen, raise them above the level of your heart.</li> </ul>	<ul style="list-style-type: none"> <li>■ Check your incision sites every day. It will take about 6 weeks to heal.</li> <li>■ If you have a dressing, keep it dry. Change it at least once a day to keep the incision sites dry.</li> <li>■ Gently clean the incision sites every day by taking a shower.               <ul style="list-style-type: none"> <li>— Use a mild antibacterial soap that doesn’t have heavy perfumes or oils.</li> <li>— Pat your incisions dry.</li> </ul> </li> <li>■ Do not take a tub bath or swim until your doctor says it’s OK.</li> <li>■ Only use lotions, ointments or powders on your incisions if your doctor prescribes them.</li> </ul>	<ul style="list-style-type: none"> <li>■ <b>Take all medicines as prescribed.</b></li> <li>■ Take prescription pain medicine as directed. Or, you may take over-the-counter pain relief medicine:               <ul style="list-style-type: none"> <li>— acetaminophen (Tylenol® or Extra Strength Tylenol®)</li> <li>— ibuprofen (Advil® or Motrin®).</li> </ul> </li> <li>■ Prescription pain medicine may cause constipation.               <ul style="list-style-type: none"> <li>— Eat more fiber (grains, fruits or vegetables).</li> <li>— Drink lots of water.</li> <li>— Use a stool softener like milk of magnesia or Senokot®.</li> </ul> </li> <li>■ If you don’t think you can take your medicines, call your doctor before you stop taking any of them.</li> </ul>	<ul style="list-style-type: none"> <li>■ <b>Keep all follow-up appointments.</b></li> <li>■ Eat foods low in fat, sodium (salt) and cholesterol. Eat foods high in protein. If you can’t eat, try drinking at least two cans of nutritional supplements (Ensure®, Boost®, Sustacal®) each day.</li> <li>■ Check your feet every day for sores, cracks or irritation.</li> <li>■ Wear socks and shoes even when you are inside.</li> <li>■ Wash your feet but do not soak them. Do not use lotion between your toes.</li> <li>■ <b>Do not use tobacco.</b> If you need help quitting, ask your doctor for resources. </li> </ul>	<ul style="list-style-type: none"> <li>■ <b>Call your doctor if:</b> <ul style="list-style-type: none"> <li>— your incision opens</li> <li>— you have increased redness, swelling, tenderness, warmth, change in color or drainage, temperature of 101 F, chills or shaking</li> <li>— you have an upset stomach, throwing up or diarrhea</li> <li>— you have minor pain in your back or legs</li> <li>— you have minor tingling in your legs</li> <li>— you have sudden weight gain or swelling in your feet or legs</li> <li>— you have skin problems with your feet</li> <li>— you have other problems or concerns.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>■ <b>Call 911 if:</b> <ul style="list-style-type: none"> <li>— you suddenly can’t move or feel your legs</li> <li>— your feet tingle, are cold, or turn blue, white or pale</li> <li>— you have sudden leg or foot pain</li> <li>— you feel faint</li> <li>— you have sudden, severe pain in your back or stomach that is unusual for you.</li> </ul> </li> </ul> <p style="text-align: right; margin-top: 20px;">   <a href="http://allinahealth.org">allinahealth.org</a> </p> <p style="font-size: small; text-align: right;"> <small>© 2022 ALLINA HEALTH SYSTEM. TM – A TRADEMARK OF ALLINA HEALTH SYSTEM              OTHER TRADEMARKS USED ARE OWNED BY THEIR RESPECTIVE OWNERS              THIS FACT SHEET DOES NOT REPLACE MEDICAL OR PROFESSIONAL ADVICE; IT IS ONLY A GUIDE.              cvs-ah-45714 (8/13)</small> </p>