








Care After a Femoral Endarterectomy — At a Glance

For an Emergency, Call 911

Activity 	Incision Care 	Self-care 	Medicine 	When to Call Your Doctor 
<ul style="list-style-type: none"> ■ For 1 month: <ul style="list-style-type: none"> — Avoid heavy activities like golf, weight lifting or contact sports. — Do not lift anything heavier than 10 pounds, such as a full grocery bag. ■ You may drive when you: <ul style="list-style-type: none"> — do not need to take prescription pain medicine — can move your leg easily — feel steady. ■ Follow your doctor’s directions for when you can return to work or school. 	<ul style="list-style-type: none"> ■ Check your incision each day. (You may need to use a mirror.) ■ Clean your incision with mild soap and water. ■ Keep your incision clean, dry and covered with gauze. Change the gauze 2 times a day until the incision site is fully healed. ■ 3 days after surgery: <ul style="list-style-type: none"> — You may take a shower. (Do not soak in a tub until your incision site is fully healed.) — Do not put powders, ointments, creams, lotions, cologne or perfume on your incision. 	<ul style="list-style-type: none"> ■ Eat healthful foods low in fat and cholesterol. ■ Eat foods high in fiber such as fruits and vegetables to help prevent constipation. ■ Keep all appointments with your health care team, even if you feel better. ■ Write down any questions or concerns for your health care team. <p>Do not use tobacco</p> <ul style="list-style-type: none"> ■ Do not smoke or use any form of tobacco. Smoking can cause another blocked artery.  ■ Ask your doctor if you need help quitting. 	<ul style="list-style-type: none"> ■ Take all of your medicines as directed. ■ Take your blood pressure medicine. It is important to keep your blood pressure under control. ■ Call your doctor if you do not think you can take your medicines. ■ Do not stop taking any medicine without your doctor’s approval. <p style="text-align: center;">allinahealth.org</p> <p style="text-align: center; font-size: small;">© 2021 ALLINA HEALTH SYSTEM THE ALLINA HEALTH LOGO IS A TRADEMARK OF ALLINA HEALTH SYSTEM THIS DOES NOT REPLACE MEDICAL OR PROFESSIONAL ADVICE; IT IS ONLY A GUIDE. cvs-ah-48682 (10/19)</p>	<p>Call your doctor if you have:</p> <ul style="list-style-type: none"> ■ new pain or pain you cannot control ■ a temperature higher than 101 F ■ any of these at your incision site: <ul style="list-style-type: none"> — pain — swelling — redness — odor — warmth — green or yellow discharge ■ any other symptoms. <p>When To Call 911</p> <p>Call 911 if you have:</p> <ul style="list-style-type: none"> ■ sudden weakness or numbness ■ extreme pain.