



POSTOPERATIVE OPEN AORTOILIAC OR MESENTERIC SURGERY INSTRUCTIONS

- Wound care instructions:
 - Shower daily unless otherwise instructed. Pat wound dry.
 - Do not soak the wound in a tub or pool for at least 6 weeks.
- Activity:
 - Slowly resume normal activity as tolerated.
 - Avoid heavy lifting or strenuous activity for 3 months.
 - If you are not taking pain medication and have no limitations *in* your movement or decision-making capacity, you may drive one week after discharge. Please contact your OMV for any specific local regulations.
- Diet:
 - You may resume your prior diet as tolerated. You may experience a decrease in appetite. Consider taking a nutritional supplement such as Ensure, Boost, or Carnation Instant Breakfast.
- Medications,
 - Please see your updated medication list from discharge.
 - See your PCP within 2 weeks to review the changes.
- What to expect
 - You may tire easily for approximately 3 months following surgery.
 - You may experience a mild to moderate discomfort or numb sensation near the incisions.
 - You may notice leg swelling. Wrap the feet and legs with an ace bandage to reduce the wound infection risk.
- Call the office if you notice:
 - A temperature over 101.5° F.
 - Bloody, purulent, or malodorous drainage from the incision.
 - Persistent pain unrelieved with medication.
 - Redness or swelling surrounding the incision area.
 - Persistent leg swelling.
 - Sudden onset of numbness or tingling in your feet or legs. This may require urgent surgery, so do not eat or drink anything.
- Follow up is typically 1-2 weeks after surgery. Please call the office if you do not have an appointment already scheduled.