

AORTIC SURGERY

Discharge Instructions

Activity

1. Daily walks are recommended. Walking outdoors is encouraged.
2. You may walk up and down stairs.
3. Fully normal sleep habits may not return for a few weeks.
4. Plan for time to rest.
5. Do not lift more than 15 pounds until you return to the office.
6. Do not drive until your surgeon or his assistant give the OK.
7. Wear white support stockings for two weeks. You may take off the stockings at night.
8. Use your spirometer 4-5 times a day for at least the first week at home.

Diet

1. Diet as tolerated the first few weeks after surgery; then: low fat, low salt, low cholesterol, or other diet recommended by your primary care physician.
2. "Regular" bowel habits may take several weeks to return fully.
3. Expect that food may have a metallic taste for a few weeks.

Care of Incision

1. Wound Care: _____
2. You may shower one week after surgery.
3. Only use soap and water on your incision unless your surgeon or his assistant tells you something else.

Call Your Surgeon For...

1. Significant redness, swelling, drainage, or odor from your incision.
2. Fever greater than 101° F.
3. Paleness, coolness, or numbness of the legs or feet.

DO NOT SMOKE! You have been free of nicotine for several days. This will be the easiest time of your life to quit. For questions or support, call the Nicotine Dependence Program at (828) 213-0290.