

EVT Discharge Instructions

Activity

1. Daily walks are encouraged.
2. You may walk up and down stairs
3. Plan for rest periods often
4. Do not drive for ten days
5. Wear white support stockings for one week. You should take the stockings off at nights.
6. Use your incentive spirometer 4-5 times a day for at least the first week.

Diet

1. Healthy heart diet, or other diet as prescribed by your primary care physician.

Care of Incision

1. Remove dressing two days after surgery.
2. Keep incisions dry for three days after surgery, then you may shower.
3. Use only soap and water on your incision unless your surgeon or his assistant tells you something else.

Call your Surgeon for...

1. Redness or drainage from incision.
2. A fever after endovascular AAA surgery is normal. Motrin or generic ibuprofen is effective. Call if fever persists for more than two days.
3. Paleness, coolness, or numbness of legs or feet.
4. Any new abdominal or back pain or pain not relieved by pain medication.

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 Smoking Cessation Program: May Byrd at (828) 213-0292.