

LOWER EXTREMITY VASCULAR SURGERY

Discharge Instructions

Activity

1. You may walk as often as you like.
2. Swelling of the legs may be relieved by propping them up above heart level.
3. You may drive three weeks after surgery or as your surgeon recommends.
4. You may shower 1 week after surgery unless your surgeon as assistant tells you something else.

Diet

1. Heart healthy diet, or other diet as prescribed by your primary care physician.

Care of Incision

1. Wound care: _____
2. Keep incision dry for a week after surgery, then you may shower.
3. Only use soap and water on your incision unless your surgeon or his assistant tells you something else.

Call Your Surgeon For...

1. Increased redness or drainage from your incision.
2. Fever of 101° F or greater
3. Pain, paleness, coolness, numbness of 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 Mary Byrd of the Smoking Cessation Program at (828) 213-0292.