

# VASCULAR SURGERY ASSOCIATES, L.L.C.

---

Roger E. Schneider, M.D.  
Peter J. Golueke, M.D.  
Wayne Reichman, M.D.  
Mark D. Gonze, M.D.  
Peter J. Mackrell, M.D.

Bradford H. Houck, PA-C  
Gerald K. Walters, PA-C  
Jason A. Meyer, PA-C  
Richard W. Barnard, P A-C

## DISCHARGE INSTRUCTIONS

### Patient instructions for care after lower extremity bypass

#### ACTIVITY:

- No driving or heavy lifting.
- You may ambulate as tolerated.
- ELEVATE your legs on 2-3 pillows while in bed or sitting. You may experience significant swelling in your leg after bypass surgery. This is expected and best controlled by elevating the leg as much as possible.

#### DIET:

- Resume pre-hospitalization diet.

#### MEDICATIONS:

- Resume all pre-hospitalization medications unless instructed otherwise.
- Take one Aspirin, Ecotrin or Ascriptin every day (Adult Strength - 325 mgs).
- Use painkiller as prescribed and as needed. Take with food to decrease the chance of stomach upset.

#### DRESSINGS:

- You may leave your incisions open to air. If there is any drainage from the incision you may cover it with a 4 x 4 gauze after cleaning the incisions with Hydrogen Peroxide

#### SPECIAL INSTRUCTIONS:

- You may shower 24 hours after discharge from the hospital.
- No tub bathing.
- Mild temperature elevation or redness around staples is normal after surgery. Call the office for temperature greater than 101 or significant wound problems.
- If you develop excessive drainage from your incisions, opened incisions, severe pain in your leg, or other problems call the office.
- We will see you in the office in 1 to 2 weeks for your follow-up visit. If you do not have an appointment please call the office today.
- For any other questions or problems, please feel free to call us at the above numbers.

**NOTE:** Your bypass surgery may have involved the use of a prosthetic graft. Ask one of our doctors to be sure. Prosthetic grafts have an increased risk of infection when you have any type of invasive procedure (such as dental work teeth cleaning, cystoscopy, colonoscopy, angiography, and all types of surgery). When you are scheduled for a procedure please inform the physician doing the procedure that you have a prosthetic graft and need prophylactic antibiotics to prevent a graft infection. Any questions concerning this should be directed to our office.