



If you need this information in another language or medium (audio, large print, etc) please contact the Customer Care Team on 0800 374 208 email: customercare@salisbury.nhs.uk.

You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital.

If you are unhappy with the advice you have been given by your GP, consultant, or another healthcare professional, you may ask for a second (or further) opinion.

The evidence used in the preparation of this leaflet is available on request. Please email: patient.information@salisbury.nhs.uk if you would like a reference list.

Author: Ruth Boyes
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Discharge advice for patients after leg bypass operation (page 1 of 2)

Exercise

After this kind of major operation you can expect to feel tired for a considerable period of time. It is important to start to get back to normal gradually and to take exercise, followed by rest periods, every day. You should aim to take a brisk walk every day and gradually increase activity as you can tolerate it. Sexual activity can be resumed when you feel comfortable doing so. Due to the improved blood supply some leg swelling is to be expected. This can be treated by wearing a stocking and, when resting, by keeping your foot up on a stool, higher than your hips. Stockings will be given to you when you leave the ward or when you are seen in the outpatient clinic.

Driving

You can drive a car when you can perform an emergency stop without pain or difficulty.

Showers and baths

As soon as your wound is dry you can start having baths or showers.

Stitches

The stitches are usually dissolvable and do not need to be removed. If not, arrangements will be made for your surgery nurse to remove them after about 14 days.

Tablets

You will have been given aspirin or a similar blood-thinning medicine and a statin. It is important that you continue to take these together with any other regular medication.

Smoking

- It is very important that you stop smoking if you have not already done so, and that you do not start again.
- There is a strong link between smoking and athero-sclerosis, which has caused your arteries to become narrowed to a dangerous degree.
- Though your leg arteries are now repaired, you are at high risk of having a blockage in the graft and losing a leg if you continue to

Vascular and Diabetes Unit
Tel: 01722 429210

smoke: the disease process will also have affected other arteries and you are much more likely to suffer a heart attack or a stroke if you carry on smoking.

The single most effective way of improving your health is to stop smoking

The smoking quit line is 0800 00 22 00

Diet

Your GP should prescribe a statin. Reducing the amount of fat in your diet will help too. If you need further guidance a diet sheet is available.

Is there anything I should look out for?

If you suffer sudden pain or numbness in your leg, which does not improve in a few hours, or your symptoms come back, you must contact your GP or go to your nearest emergency department explaining that you have an arterial graft.

This may indicate that your graft is blocked and may need urgent treatment to save your leg.

Will I need to be seen again?

You will need a scan to check the blood flow in your graft at 6 weeks, 3 months, 6 months and 12 months after your operation. It is important that you attend these appointments.