

Discharge advice for patients after open abdominal aortic aneurysm (AAA) repair (page 1 of 2)

This leaflet should be read along with advice given by your doctor or nurse.

There may be some leg swelling after the operation. If this happens you may be advised to wear compression hosiery. Sitting with your legs higher than your hips when resting will also help.

If your wound becomes hot and painful and if you start to feel feverish, please contact your GP as soon as possible as this may indicate a wound infection.

Exercise

After this kind of major operation you can expect to feel tired for a considerable period of time. However, it is important to gradually start to get back to normal and to take exercise followed by rest periods every day. Aim to take a brisk walk every day and gradually increase activity as you can tolerate it. It is important not to over stretch abdominal (tummy) muscles after AAA repair.

Do not lift anything heavy for the first 6 weeks.

Sexual activity can be resumed when you feel comfortable doing so. If you are experiencing difficulties with impotence, which can happen after this operation, you can discuss the help available at your next clinic appointment.

If you cough or sneeze, please support your operation wound with your hands.

Driving

You should not drive a car until you can perform an emergency stop without pain or difficulty.

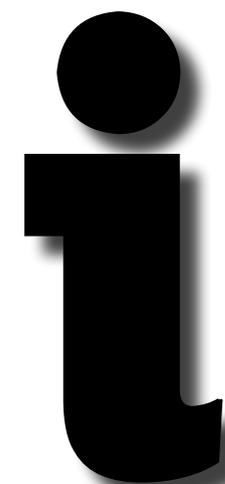
Showers and baths

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

Stitches

Your stitches will most likely be the ones which dissolve. If not, an appointment will be made for you to see your practice nurse so that the stitches can be removed around 10 days after your surgery.

Diabetes & Vascular Unit
Tel: 01722 429210



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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.

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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.

Tablets

You will have been given Aspirin or a similar blood thinning medicine – it is important that you continue to take this, as well as any medicines you have been given to reduce cholesterol and blood pressure. This will help to reduce the risk of heart attacks and strokes.

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 atherosclerosis, which has caused your aorta to become enlarged to a dangerous size.

Though your aorta is now mended the disease will also have affected other arteries, and you are much more likely to suffer a heart attack, a stroke or to have trouble with your leg arteries if you continue to smoke.

Stopping smoking is the single most effective way to improve your health.

The smoking quit line is: 0800 169 0 169.

Diet

Reducing the amount of fat in your diet will help slow down the disease process causing you to need this operation. Please ask for a diet sheet if you need further guidance.