

## POST-VASCULAR SURGERY

### Healing Well After Your Vascular Procedure



Restoring Rhythm of Life

#### What Is Vascular Surgery?

Vascular surgery treats conditions affecting the blood vessels (arteries and veins). Common procedures include bypass surgery, endarterectomy, aneurysm repair, and angioplasty with or without stenting.



Endovascular Aneurysm Repair (EVAR)



Endovascular aneurysm repair with stent graft

#### What to Expect After Surgery?

##### In the Hospital

- You may stay for a few days depending on the type of procedure.
- You'll be monitored for circulation, wound healing, and signs of infection.
- Pain management, early mobilization, and breathing exercises are encouraged.



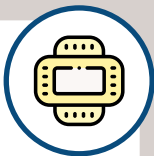
##### At Home

- Full recovery may take **2 - 6 weeks**, depending on the surgery.
- Expect mild fatigue and soreness.
- Walking and light activity are encouraged to improve circulation.



##### Wound Care

- Inspect the incision: Daily check for signs of infection like swelling, redness, warmth, or drainage.
- Keep the site clean and dry: Shower but avoid tub baths or swimming until incisions are well healed, usually at least two weeks.
- Cover the wound: As directed by your healthcare provider, use a plaster or dressing.
- No lotion or powder: Avoid applying these to the incision site.



##### Activity and Movement

- Rest:** Rest for a few days after surgery.
- Gradual return to activity:** Start with short walks and gradually increase activity levels.
- Avoid strenuous activities:** For the first few days, avoid activities like lifting heavy objects, driving, or playing sports.
- Elevate legs:** When sitting, elevate legs to improve circulation.
- Avoid prolonged standing:** Take breaks when standing for extended periods.



##### Medications

- Take medications as prescribed: Follow your doctor's instructions for dosage and timing.
- Don't skip doses: Take medications regularly to prevent complications.
- Be aware of side effects: If you experience any adverse effects, contact your doctor.
- ✓ Take medications exactly as directed
- ✗ Do not stop medications without consulting your doctor.



##### Diet and Lifestyle

- Eat a **heart-healthy, low-sodium diet**.
- Stay well-hydrated.
- Stop smoking – smoking damages blood vessels and delays healing.
- Control diabetes, blood pressure, and cholesterol if applicable.



##### Support Stockings (if prescribed)

- Wear compression stockings as directed to help with blood flow.
- Remove them at night unless otherwise instructed.



##### Follow-Up Appointments

- Attend all follow-up visits to monitor healing and circulation.
- You may need ultrasounds or imaging to assess blood flow.



##### When to Call the Doctor

- Contact your healthcare provider if you notice:
- Signs of infection at the incision site
  - Excessive swelling or pain in the limb
  - Change in colour, temperature, or sensation in your leg or foot
  - Chest pain or shortness of breath
  - Bleeding that doesn't stop
  - Sudden coldness, numbness, or weakness in a limb



#### Tips for a Smooth Recovery

- ✓ Take breaks to rest, but don't stay inactive
- ✓ Keep your legs elevated when sitting
- ✓ Ask questions – your care team is here to help
- ✓ Track your symptoms and progress

#### You're Not Alone on This Journey

We're here to guide and support you as you recover. Reach out if you have questions or concerns at any point in your healing.

#### Clinic Operating Hours

Monday - Friday | 8:30am to 5:00pm  
Saturday | 8:30am to 1:00pm  
Sunday and Public Holidays | Closed



Make an Appointment



Scan for E-brochures