

## **MAJOR ABDOMINAL OR VASCULAR SURGERY**

### **Signs of Infection**

- Redness
- Increased Pain
- Temperature above 101 degrees Fahrenheit
- Unusual drainage or swelling

### **Driving**

- You may drive when your pain is gone, usually within 2 to 3 weeks
- You may ride in a car. During long trips, get out and walk every 2 hours

### **Activities**

- We encourage walking and getting outdoors when possible
- You may go up and down stairs slowly
- No lifting greater than 10 pounds for 2 months

### **Incision**

Wash incision daily with soap and water. Do not apply salve, ointment or Betadine unless directed by your physician.

### **Showering**

You may shower and wash your hair

### **Diet**

Resume your preoperative diet unless instructed to adhere to a new special diet.

### **Bowel Movements**

You may experience constipation. If it becomes a problem, try eating prunes or taking milk of magnesia, Ex-Lax, Dulcolax, Fleet enema, etc.

### **Medications**

Resume your preoperative medications or prescription medications unless otherwise instructed by your physician.

### **Work**

When you can return to work will depend on the type of work you do. Discuss this with your physician.