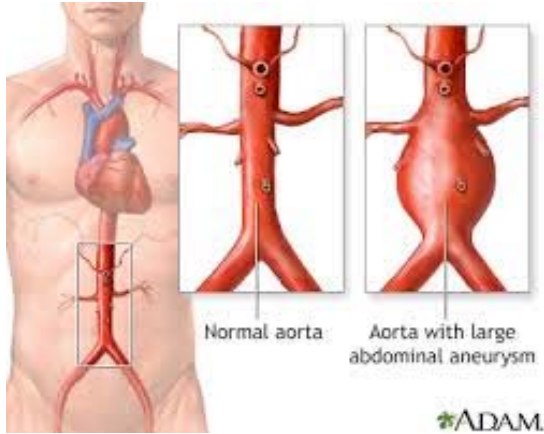


Open Repair of Abdominal Aortic Aneurysm (AAA)



Abdominal Aortic Aneurysm (AAA) describes a weak or bulging section of the main blood vessel that supplies blood to the body (aorta). Doctors use a man-made tube, called a graft, to replace the weak section of your aorta in your stomach.



What Can I Expect After Open AAA Repair?

Patients who undergo an open AAA repair will be in the hospital for 5-7 days with the first 2-3 days in the ICU. If possible, please arrange for someone to help you at home the first week after discharge. You should plan to take off work for about 4-6 weeks while you recover. Full recovery can take a full 3 months.

How will I feel after surgery?

- You can expect your incision to be sore for a few weeks
- Most people lose their appetite and lose weight for the first month or two after surgery
- Some people find that they feel sad or more emotional than usual
- You may feel more tired than usual for several weeks after surgery, rest when you are tired

Activity:

- Hold a pillow over your incision when you cough or take deep breaths
- Do not lift anything over 10 pounds for 2 weeks after surgery
- Try to walk every day, start with short distances and increase each day
- Avoid strenuous activities for 6 weeks (running, heavy lifting, bicycling, aerobics, etc.)
- Do not drive until you are no longer taking pain medications

Medications:

- Take all medications as prescribed in your discharge paperwork
- Pain medication may cause constipation. You can take an over the counter stool softener or laxative and try to include fruits, vegetables and fiber in your diet
- Take pain medications with food to avoid upset stomach
- Call your pharmacy to request any medication refills

Incision Care:

- If you have surgical glue or tape over the incision, do not remove it; these will come off on their own
- Shower as usual with soap and water ONLY
- DO NOT apply hydrogen peroxide, rubbing alcohol, or ointments to your incision
- Slight redness or swelling over the incision is normal
- Keep the incision clean and dry
- DO NOT soak the incision sites until they are healed (do not take a bath, get in a pool, hot tub, lake, etc.)





Please call our office if you experience:

- Bright red blood that has soaked through the bandage over your incision
- Pain that is not relieved with pain medications
- You have signs of infection such as redness or warmth at the incision site, pus draining from the incision or fever greater than 101 degrees

If you were not given a post-op appointment, please call our office to schedule a post-op visit with your doctor.

