

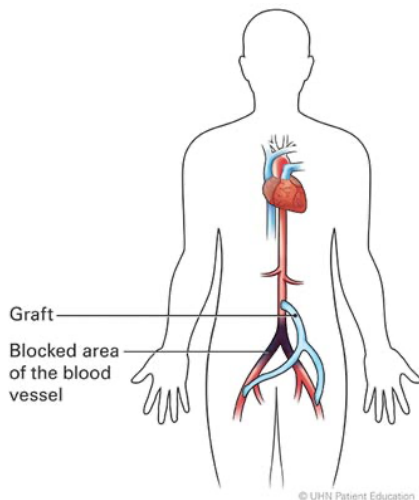
# Peripheral Artery Bypass Surgery



Peripheral arterial bypass surgery is done to redirect blood flow around a blocked artery.

## Aorta Bi-Femoral/Aorta Bi-Iliac

The surgeon makes incisions in your abdomen and in your groin area. A fabric Y-shaped tube is then inserted in the abdomen. The single end of the Y is sewn into the aorta. The two split ends are sewn below the femoral artery, bypassing the section that is narrow or blocked. The blood now flows through the graft, improving blood flow to your legs, feet and toes.

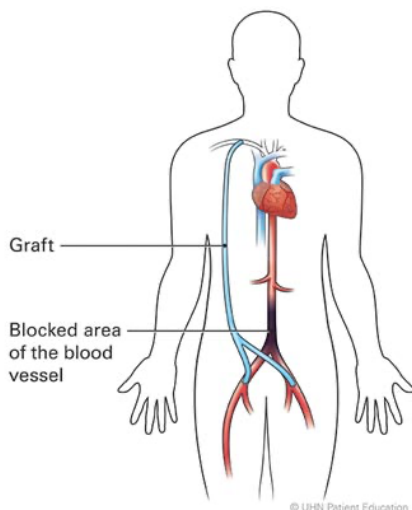


## Ilio-Femoral Bypass

This surgery is similar to the aorta-bifemoral surgery, however rather than having a long vertical incision from the xyphoid to the pubis, patients typically have a right or left lower quadrant incision with groin incisions. Recovery and incision care is very similar.

## Axillary Bi-Femoral

Your surgeon makes an incision near your shoulder and in one or both of your groins. A flexible plastic tube, called a bypass graft, is inserted, which connects the axillary artery in your shoulder to the femoral arteries in your legs. Now the blood flows through the graft, bypassing the blocked section of the artery.



## What Can I Expect After Surgery?

After surgery you will be admitted to the ICU for 1-3 days and should expect to remain in the hospital for 5-7 days. If possible, please arrange for someone to help you at home for the first week after surgery. You should plan to take off work for 2-4 weeks depending on the work that you do. It may take a full two months to recover.

### How Will I Feel After Surgery?

- Swelling and/or bruising in one or both legs, the groin area, abdomen, and genitals is normal. Elevate your legs to help with swelling.
- You can expect your incisions to be sore for a few weeks
- You may feel more tired than usual for several weeks after surgery

### Activity:

- Try to walk every day, start with short distances and increase each day
- Avoid strenuous activity for 4-6 weeks (running, bicycling, heavy lifting, aerobics, etc.)
- Do not drive until you are no longer taking pain medications
- Use an Incentive Spirometer 10 times every hour





#### Incision Care:

- 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
- If you have surgical glue or tape over the incision, do not remove them. These will come off on their own.
- Keep the incision clean and dry

#### Medication:

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

