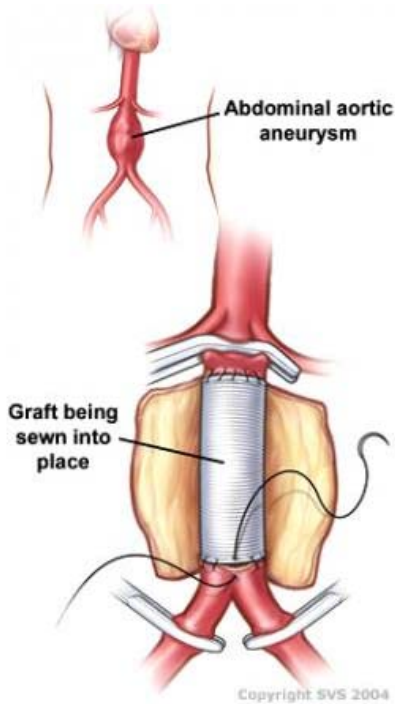


# Endovascular Repair of Abdominal Aortic Aneurysms (EVAR)



Abdominal Aortic Aneurysm (AAA) describes a weak or bulging section of the main blood vessel that supplies blood to the body (aorta). Endovascular repair of this aneurysm is the preferred treatment for many people with an AAA. Endovascular repair is less invasive than open surgery because it avoids a large incision in your abdomen or chest; only very small incisions are required. That means you are able to recover more quickly.



## What can I expect after EVAR repair?

Standard EVAR will require a needle puncture or small incision in one or both of your groin arteries. Some patients may also require a puncture or small incision into an artery in the upper arm.

The procedure usually takes 1.5-2.5 hours, and most patients leave the hospital in 1-2 days. Plan to have someone drive you home from the hospital. If possible, arrange for someone to help you at home for a couple of days. You should plan to take off work for 2-4 weeks, depending on the level of activity at your job.

## How will I feel after surgery?

- You can expect the area where the catheters were inserted to be sore for a couple of weeks
- You may feel more tired than usual for 1-2 weeks; rest when you feel tired
- You may experience some swelling in the arms, hands, legs or feet

## Activity:

- Do not lift anything over 10 pounds for 4 weeks after surgery
- Try to walk every day, start with short distances and increase daily
- Avoid strenuous activity for at least 4 weeks (running, heavy lifting, bicycling, aerobic exercise, etc.)
- Do not drive until you are no longer taking pain medications

## Medications:

- Take all medications as prescribed in your discharge paperwork
- Pain medications 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 strips of tape on your incisions, leave the tape on for a week or until it falls off
- 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:

- Bleeding at your incision site – lay down and press on the area for 15 minutes to try to make it stop
- Bright red blood soaked through the bandage over your incision
- Pain that is not relieved with pain medications
- Signs of infection such as severe 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.

