

# Peripheral Artery Bypass Surgery

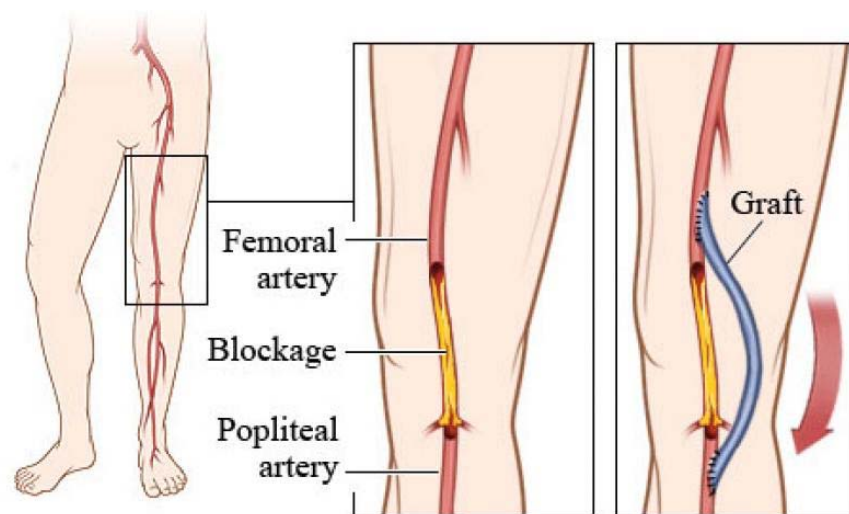


Peripheral arterial bypass surgery is done to redirect blood flow around a blocked artery.

## Femoral-Popliteal Bypass Surgery

Your surgeon will make an incision in your thigh and may make one on the inside of your calf, just below the knee. If your surgeon is using one of your veins for the graft, they will make another incision in your leg to remove the vein.

The surgeon will then connect one end of the graft to the femoral artery in your thigh and the other end to the popliteal artery above or below your knee. After the graft is in place and the blood is flowing through the graft, the doctor will close the incisions in your skin with stitches or staples.



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## What Can I Expect After Surgery?

You will probably stay in the hospital 2-4 days after surgery. If possible, arrange for someone to help you at home for a few days after discharge. You can expect your leg to be swollen at first; this is a normal part of recovery and may last 2-3 months. You should plan to be off work and take it easy for 2-4 weeks, depending on the work you do. It may take up to 12 weeks to fully recover.

How will I feel?

- You will have some pain at your incision sites, which should slowly improve over a few weeks.
- Swelling and/or bruising in your legs and the groin area is normal. **ELEVATE YOUR LEGS TO HELP WITH SWELLING**
- 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
- Do not stand or sit with your feet down for long periods of time. When you sit, raise your feet as high as you comfortably can.





- Avoid strenuous activity for 4-6 weeks (running, bicycling, heavy lifting, aerobics, etc.)
- Do not drive until you are no longer taking pain medications

#### 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

#### Medicines:

- 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 medications refills

#### When to call our office:

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

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

