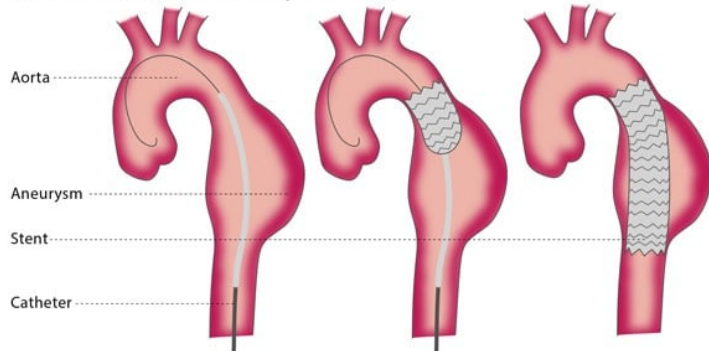


Endovascular Repair of Thoracic Aortic Aneurysms (TEVAR)



Thoracic endovascular aortic repair (TEVAR)



Thoracic Aortic Aneurysm (TAA) describes a weak or bulging section in the upper part of the aorta – the main blood vessel that supplies blood to the body.

Endovascular repair of this aneurysm is the preferred treatment for many people with a TAA. 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 TEVAR repair?

Standard TEVAR 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 experience soreness/pain in your back, due to where the stent is placed
- 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.

