

# After Open Abdominal Aortic Aneurysm Surgery



You have had surgery to repair an abdominal aortic aneurysm. This happens when the main blood vessel in your abdominal area weakens and expands like a balloon. Your healthcare provider placed a graft to replace the part of your aorta that was weak. Here's what you need to know following surgery.

## Home care

Recommendations for taking care of yourself at home include the following:

- Don't do strenuous activity for 4 to 6 weeks after your surgery.
- Ask your healthcare provider how long it will be before you can return to work.
- Gradually increase your activity. It may take some time for you to return to your normal activity level.
- Don't drive for 2 weeks after surgery or while you are taking opioid pain medicine. Ask someone to take you to any appointments.
- Check your incision every day for signs of infection. These include swelling, redness, drainage, and warmth.
- Keep your incision clean. Wash it gently with soap and water when you shower.
- Don't lift anything heavier than 5 pounds for 2 weeks after surgery.
- Don't sit or stand for long periods without moving your legs and feet.
- Keep your feet up when you sit in a chair.
- Take your medicines exactly as directed.

## When to call your healthcare provider

Call your healthcare provider right away if any of the following occur:

- Redness, pain, swelling, or drainage from your incision
- Fever of 100.4°F (38°C) or higher, or as directed by your healthcare provider
- Sudden coldness, pain, or paleness in your leg
- Loss of feeling in your legs
- Severe or sudden pain in your stomach
- Fail to pass gas
- Bloody bowel movements
- Prolonged constipation
- Nausea or vomiting
- Trouble breathing
- Pain or heaviness in your chest or arms

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