

# After Endovascular Abdominal Aortic Aneurysm Repair



You have had a procedure to repair an abdominal aortic aneurysm (AAA). An AAA happens when a weakened part of a blood vessel in your belly (abdominal) area expanded like a balloon. During an endovascular repair, your healthcare provider created 2 small cuts (incisions) near your groin. A thin, flexible tube (catheter) was threaded into the artery at the incision. A graft was placed inside the catheter and guided toward the damaged part of your aorta to prevent more problems.

## Home care

Recommendations for taking care of yourself at home include:

- Don't do strenuous activity for 7 to 10 days after your surgery.
- Ask your healthcare provider when you can expect to return to work.
- Slowly increase your activity. It may take some time for you to return to your normal activities.
- Don't drive for 2 weeks after surgery, especially if you are still taking opioid pain medicines. Ask someone to take you to any appointments.
- Check your incision every day for signs of infection. These include swelling, redness, fluid leaking, or warmth.
- Keep your incision clean. Wash it gently with soap and water while you shower.
- Don't swim or use a hot tub until your healthcare provider says it's OK.
- Don't lift anything heavier than 5 pounds for 4 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. Don't skip doses.

## When to call your healthcare provider

Call your healthcare provider right away if any of these occur:

- Redness, pain, swelling, or fluid leaking from your incision
- Fever of 100.4°F (38°C) or higher, or as advised by your provider
- Sudden coldness, pain, or paleness in your leg
- Loss of feeling in your legs
- Severe or sudden stomach pain
- Upset stomach (nausea) or vomiting
- Trouble breathing
- Pain or heaviness in your chest or arms
- Any abnormal bleeding

- Unable to pee
- Bloody poop or bloody diarrhea

## Follow-up

- Make a follow-up appointment to have your incisions checked and staples removed within 7 to 10 days.
- Make follow-up appointments as advised.

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