

# Discharge Instructions for Femoral Endarterectomy



A femoral endarterectomy helps restore blood flow through a large blood vessel near the groin. This blood vessel is called the femoral artery. You have 2 femoral arteries. There is 1 on each side of your body. They carry blood into your legs. During the surgery, a surgeon made a cut (incision) in the skin over the site of the blocked artery. They then opened the artery and cleared the blockage. This surgery lowers your risk of blocked blood flow causing leg tissue to die.

## Home care

- Spend your first few days after surgery resting at home. You can do quiet activities such as reading or watching TV.
- Take your medicines as instructed. Don't skip doses.
- Check your wound every day for signs of infection. These include redness, swelling, drainage, or warmth.
- Keep the wound dry until your healthcare provider says it's OK to shower. Don't scrub your incision.
- Slowly increase your activity. You may need some time to get back to your normal activities.
- Don't do strenuous activity for 7 to 10 days after your surgery.
- Don't lift anything heavier than 10 pounds (4.5 kg) for 2 to 3 weeks after your surgery.
- Don't drive until your healthcare provider says it's OK. This will most likely be 1 to 2 weeks.
- Ask your provider when you can go back to work.

## Long-term changes at home

- Eat healthy foods. Choose those that are low in fat, cholesterol, and calories. Ask your healthcare provider for menus and other diet help.
- Stay at a healthy body weight.
- After you recover from surgery, try to be more physically active. Walking is a good choice. Ask your healthcare provider how much walking they advise. Ask about any other exercise tips.
- If you smoke, ask your healthcare provider for help quitting.

## Follow-up care

Make a follow-up appointment as directed.

## When to call your healthcare provider

Call your healthcare provider right away if you have any of these:

- Fever above 100.4°F (38°C) or higher, or as directed by your provider
- Signs of infection at the wound site (redness, pain, swelling, or drainage)

- Chest pain
- Trouble breathing
- Loose stitches, or your cut opens
- Bleeding a lot from the cut
- Leg swelling that doesn't get better

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