

## ABDOMINAL AORTIC ANEURYSM—AAA

### DISCHARGE INSTRUCTIONS

#### ***What to expect after your procedure:***

- Plan to have someone drive you home from hospital. **DO NOT DRIVE** yourself home.
- There will be area of firm lumps forming, particularly around inner thigh and calves.

#### ***What to avoid after your procedure:***

- Do not lift anything heavy until you see your health care provider.
- Avoid all strenuous activity, including heavy exercising, weightlifting and other activities that make you breathe hard or strain.
- Do not sit with your knees bent or with your legs crossed at the knee, instead, sit with your legs elevated and flex your feet at regular intervals.
- Do not drive until you are pain free and confident to be in full control of your vehicle.
- Do not lift, push or drag anything heavy for at least one to two (1-2) weeks.
- Do not wear constrictive clothing, for example tight jeans or pants.

#### ***What to do:***

- Take short frequent walks increasing the distance gradually.
- Keep the dressings dry.

## WHEN TO CALL YOUR DOCTOR

#### ***Call your doctor if you have any of the following problems:***

- Problems at the incision site, such as swelling, redness, bleeding, warmth, leaking of fluids, or increasing pain
- You develop a fever
- Severe headache
- Weakness or numbness in a leg or arm
- Worsening swellings of a calf associated with pain.

#### ***Please contact either Perth Vascular Clinic – 08 9382 9100 or your GP***

SJOG Subiaco Hospital – 08 9382 6111 (ask for Ward 71 Nurse Manager or After Hours Nurse Manager)

**OR**

any hospital Emergency Department if you experience any of the above following your procedure.

Please note: **Opening Hours:** from 8.30am – 4pm Monday to Thursday and from 9am – 12pm on Friday

T: 9382 9100

F: 9382 9101

E: [reception@perthvascularclinic.com.au](mailto:reception@perthvascularclinic.com.au)