



# SOUTHEASTERN SURGICAL ASSOCIATES

## DISCHARGE INSTRUCTIONS

### VASCULAR SURGERY

#### **Recovering from Spider or Varicose Vein Surgery**

Depending on the type of surgery, you may want to keep the following in mind while recovering at home after your surgery:

- Take prescribed pain medication
- Walk frequently, even the day after surgery
- If directed, wear compression stockings or bandages
- Avoid heavy exercising, lifting, or prolonged standing for a week or two
- Avoid hot environments such as hot baths, saunas or whirlpools
- Keep legs elevated when sitting or lying down
- Avoid immediate air travel

#### ENDOVASCULAR PROCEDURES

#### **Recovering from Endovascular Surgery**

After your surgery, you may be asked to lie flat for two to six hours, but will most likely be able to go home the same day. Be sure to follow all the discharge recommendations and take medications as directed.

Call your doctor immediately if you experience any of the following:

- Swelling or bleeding at the insertion point
- Chest pain or trouble breathing
- Change in the color or temperature of your foot
- Similar symptoms to those you had before the procedure
- Temperature of 101.4 degrees or higher

#### BYPASS SURGERY

#### **Recovering from Bypass Surgery**

As soon as you are able to walk, you will be able to go home. Most patients are able to walk within a few days. Once home, follow all medication and recovery recommendations your doctor gives you.

Call your doctor immediately if you experience any of the following:

- Bleeding, increased pain, swelling, redness or warmth at the incision sites
- Change in temperature or skin color below the bypass
- Symptoms similar to those prior to the bypass surgery
- Temperature of 101.4 degrees or higher

## CAROTID ENDARTERECTOMY

### **Recovering from Carotid Endarterectomy Surgery**

After surgery, you will begin recovery in an intensive care unit for the first few hours. Then, you'll move to a regular hospital room and have to stay a night or two. After 24 hours you will be able to return home to finish your recovery.

If, after you return home, you experience any of the following, call your doctor immediately:

- Oozing from the wound.
- Sudden changes in vision or vision loss.
- Difficulty speaking.
- Neck swelling.
- An arm or leg becomes numb or weak.