
VASCULAR ASSOCIATES OF CONNECTICUT, L.L.C.

DISCHARGE INSTRUCTIONS FOLLOWING LEG BYPASS SURGERY

- **ACTIVITY:** There are no specific restrictions on activity. You should be as active as is comfortable. Some fatigue is expected for the first several weeks. Leg swelling is typical following this type of surgery and can be controlled by elevating your leg above the level of your heart when you are not walking. Resume driving when you are comfortable without the need for pain medication.
- **BATHING/SHOWERING:** You may bathe or shower immediately upon coming home. A clear dressing may cover your leg incision and this should be left in place for three (3) days. Remove it after this time and wash your incision(s) gently with soap and water. Dissolving sutures were probably used and do not have to be removed.
- **DIET:** There are no special restrictions on your diet postoperatively.
- **MEDICATIONS:** Unless told otherwise you should resume taking all of the medications you were taking before surgery. You will be given a new prescription for pain medication, which can be taken every three (3) to four (4) hours only if necessary.
- **FOLLOW-UP APPOINTMENT:** You should be seen in the office usually two (2) to three (3) weeks following discharge from the hospital. Please call the office at 246-4000 to schedule this appointment.
- **PLEASE CALL US IMMEDIATELY FOR ANY OF THE FOLLOWING PROBLEMS:**
 - redness in or drainage from your leg wound(s)
 - new pain, numbness or discoloration of your foot or toes
- **PLEASE FEEL FREE TO CALL THE OFFICE WITH ANY OTHER CONCERNS OR QUESTIONS THAT MIGHT ARISE AT (860) 246-4000.**