



Leg Bypass (Revascularization) Surgery

DAY OF SURGERY

DAY _____ DATE _____

THINGS TO EXPECT TODAY

- You will be transferred to a 4-bed, co-ed postoperative unit on a surgical floor where your nurses will closely monitor your condition.
- You have various tubes, catheters, and intravenous lines (IVs). You can expect that these tubes and lines will be removed over the next few days.
- You may have an epidural catheter in your back that will deliver your pain medication.

THINGS WE WILL HELP YOU DO TODAY

After Surgery

- Your nurse will ask you to rate your pain using a pain scale from 1 to 10.
- You will be on bedrest, but you will be turning every 2 hours while you are awake.
- You will be able to drink today, but you may receive medications intravenously.

Have a good night!



Leg Bypass (Revascularization) Surgery

DAY 1 AFTER SURGERY

DAY: _____ DATE: _____

THINGS TO EXPECT TODAY

- You will be transferred to a room on one of the surgery units, where nurses will closely monitor your condition, including your vital signs and the circulation status in your feet and legs.
- You need to stay in bed today. The nurses will help you turn every 2 hours. You will be seen by a physical therapist today who will work with you on your deep breathing and coughing exercises as well as leg exercises such as “ankle-pumps.”

THINGS WE WILL HELP YOU DO TODAY

Review the section in your information packet “While in the Hospital.”

MORNING

- You need to stay in bed today. Your nurse will help you turn side to side.
- Do the coughing and deep breathing exercises that your nurse will demonstrate.
- Use your incentive spirometer at least 10 times each hour that you are awake.
How high did you get the incentive spirometer this time? _____
- You will begin to eat today.

AFTERNOON

- You can resume your usual diet.
- Use your incentive spirometer at least 10 times each hour that you are awake.
- Do the coughing and deep breathing exercises after you use the incentive spirometer.
- Do the ankle pump exercises.

EVENING/NIGHTS

- You will be helped to change your position while in bed.
- Use your incentive spirometer at least 10 times each hour that you are awake.
How high did you get the incentive spirometer this time? _____ Follow this with coughing and deep breathing exercises.
- Your Foley catheter will be removed tonight.
- The nursing staff will be making evening and night rounds. If you need something, please let the staff know.

GREAT JOB! HAVE A GOOD NIGHTS SLEEP!



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DAY 2 AFTER SURGERY

DAY: _____ DATE: _____

THINGS TO EXPECT TODAY

- You will have blood tests.
- You will have your dressing removed and replaced with a gauze dressing over your groin incision.
- You can start to walk today, but no sitting when in bed; your nurse will help you change position.
- The social worker may meet with you and your family to continue planning for your discharge. Ask your nurse to contact the social worker.
- You will be showed how to do exercises to increase the range of motion (ROM) in your affected leg.

THINGS TO DO TODAY

Begin to review the section in your information packet on “While in the Hospital.”

MORNING

- You may be given your usual diet. Even if you are not hungry, try to eat. It is important for your recovery.
- Use your incentive spirometer at least 10 times each hour that you are awake. How high did you get the incentive spirometer this time? _____
- Continue to do your breathing exercises (coughing and deep breathing) and turn side to side while in bed as these activities are a very important part of your recovery!

AFTERNOON

- If you have pain, tell your nurse.
- Use your incentive spirometer at least 10 times each hour while you are awake.



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- While you are in bed, perform the “ankle pump exercises.” You may walk with the physical therapy or the nursing staff.

- Prepare for discharge in 3-4 days. Who will accompany you?
Name _____ Phone # _____ Speak with your nurse or social worker if you have any questions. Discharge is at 10 AM.

EVENING/NIGHT

- Walk with you family, friends, or nursing staff.
- Use your incentive spirometer and do the ankle pump exercises at least 10 times each hour while you are awake. How high did you get the incentive spirometer this time? _____
- Continue to learn about your medication. Do you know the names and how often you should take them?
- Make sure your family reads the patient information packet.
- The nursing staff will be making rounds. If you need something, please ask.

GREAT JOB! HAVE A GOOD NIGHTS SLEEP!



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DAY 3 AFTER SURGERY

DAY: _____ DATE: _____

THINGS TO EXPECT TODAY

- You may have morning blood tests done.
- The dressing that covers your groin will be changed.
- You will be helped to get out of bed and walk twice with the nurse's help.
- You are expected to review your medications and patient information packet.

THINGS TO DO TODAY

Review the section in your information packet on “General Discharge Instructions.”

MORNING

- Ask your nurse if you can shower. If not, sit in the chair and wash up—15 minutes only.
- Use your incentive spirometer at least 10 times per hour while you are awake. How high did you get the incentive spirometer this time? _____
- Continue to do your breathing exercises (coughing and deep breathing) and turn side to side while in bed as these activities are a very important part of your recovery!
- Do all the exercises that you were shown.
- Walk with help. How far did you walk?

AFTERNOON

- Sit in a chair for 15 minutes to eat lunch.
- Use your incentive spirometer at least 10 times every hour while you are awake.
- It is important that you let your nurse know if you have had a bowel movement.
- Do the exercises you were shown.
- Start thinking about your needs at home after you are discharged. Talk with your nurse or social worker about these concerns.



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EVENING/NIGHT

- Sit in a chair for 15 minutes to eat dinner. If you wish, have your family or friends bring in something you like to eat. It is very important that you eat enough calories and protein so that your wounds are able to heal.
- Walk in the hallway with assistance. How far did you go today? _____
- Do all the exercises that you were shown.
- Continue to use the incentive spirometer 10 times each hour. Follow with coughing and deep breathing.
- Review your information packet. Write down your questions so you will remember to ask someone to answer them.
- Speak with your family/friends about arranging transportation home on your day of discharge, which may be as soon as the day after tomorrow.
- The nursing staff will be making rounds. If you need something please ask.

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DAY 4 AFTER SURGERY

DAY: _____ **DATE:** _____

THINGS TO EXPECT TODAY

- **If you have diabetes, you may need to see the Diabetes Educator. Ask your nurse.**
- **You will be planning for discharge with the doctor, nurse and social worker. Ask about any discharge concerns or problems.**

THINGS TO DO TODAY

Reread the section in your information packet on “General Discharge Instructions.”

Ask your nurse about how you should take care of your leg at home.

MORNING

- Wash-up. Sit in a chair for 15 minutes and eat breakfast.
- Use your incentive spirometer 10 times every hour while you are awake. How high did you get the incentive spirometer? _____ Also, continue to do coughing and deep breathing exercises.
- Do your exercises.
- Have you had a bowel movement?
- Take a walk. Try to increase your activity.
- Continue to review your information packet.
- You should be able to identify the names, dose, purpose, and side effects of all of your medications. Do you have any questions about them? If you do, speak with your nurse or pharmacist.
- If you need instruction for diabetes, make sure that you speak with the Diabetes Educator, if you haven't already.



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AFTERNOON

- Sit in the chair and eat lunch. Remember to sit only for 15-30 minutes for meals only.
- Use your incentive spirometer 10 times every hour.
- Walk with your family or friends around the hallway or out to the solarium for a change of scenery.
- Do your exercises.
- What are the signs and symptoms for which you should call the doctor?
- Continue to think about your needs at home after you are discharged. Talk with your nurse or social worker about these concerns.
- Do your home foot care with your nurse's supervision so you feel comfortable doing it when you get home. Do you know when you should call the doctor?

EVENING/NIGHTS

- Continue to use your incentive spirometer 10 times every hour
- Walk in the hallway
- Sit in the chair and eat dinner. Remember to limit sitting to 15-30 minutes.
- Do your exercises.
- Speak with your family/friends about arranging transportation home on your day of discharge, which may be tomorrow. Discharge time is at 10 am.
- The nursing staff will be making rounds. If you need something please ask.

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DAY 5 AFTER SURGERY

DAY: _____ DATE: _____

THINGS TO EXPECT TODAY

- Morning bloods may be drawn.
- If needed, the Diabetes Educator will reinforce diabetes teaching.
- You may be discharged today.

THINGS TO DO TODAY

Make sure you know the names, doses, and side effects of your medications.

Write down and ask any questions you have.

MORNING

If you are discharged:

- Ask if you can have a shower or wash up.
- Sit in the chair and have breakfast.
- Review the discharge plan with your nurse and sign it. Ask any final questions.
- Make sure you have a supply of your medications for home.
- Find out when you need to return for a follow-up visit.
- Make sure you have an updated medication schedule and who to call in case of emergency.

If you are not discharged:

- Ask your nurse if you can take a shower. If not, go to the bathroom and get washed up.
- Sit in the chair and have some breakfast. Make sure you don't sit for longer than 15-30 minutes.
- Use your incentive spirometer 10 times every hour.
- Take a walk around the hallway. See if you can go farther than you did yesterday.
- Continue to plan for going home. Write down any questions you or your family have.



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- You should be able to identify the names, dose, purpose, and side effects of all of your medications. Do you have any questions about them? If you do, speak with your nurse or pharmacist.
- If you need instruction for diabetes, make sure that you speak with the Diabetes Educator, if you haven't already.
- Do your exercises.

AFTERNOON

- Review your patient information packet. Ask questions!
- Sit in the chair and have some lunch -- the better you eat, the better you heal.
- Use your incentive spirometer 10 times every hour and do your exercises.
- Continue to walk in the hallway. Try to go farther than you did this morning.
- Do your home foot care with your nurse's supervision so you feel comfortable doing it when you get home. Do you know when you should call the doctor?
- You will be discharged tomorrow. Discharge time is 10 a.m. Confirm transportation home. Request prescriptions for any new medications that were started this admission.

EVENING/NIGHTS

- Sit in the chair and have some dinner.
- Use the incentive spirometer 10 times per hour.
- Don't forget the evening walk in the hallway. No matter how tired you may feel, the walk will help your recovery.
- Write down any questions you have for the doctor or nurse practitioner.
- The Nursing staff will be making rounds. If you need something please ask.

GREAT JOB! HAVE A GOOD NIGHTS SLEEP!



Leg Bypass (Revascularization) Surgery

DAY 6 AFTER SURGERY DAY: _____ DATE: _____

THINGS TO EXPECT TODAY

- You will be discharged today at 10 am.
- Continue to gradually increase your activity level.
- Continue with your incentive spirometer.

THINGS TO DO TODAY

MORNING

- Shower or wash up.
- Sit in the chair and have breakfast.
- Review the discharge plan with your nurse and sign it. Ask any final questions.
- Make sure you have a supply of your medications for home.
- Find out when you need to return for a follow-up visit.
- Make sure you have an updated medication schedule and who to call in case of emergency.

GET HOME SAFE!