



Endovascular Graft Repair of Abdominal Aortic Aneurysm

DAY OF SURGERY

DAY _____ DATE _____

THINGS TO EXPECT TODAY

- You will be transferred to a monitored unit from the Post-Anesthesia Care Unit (PACU). Your nurses will closely monitor your condition.
- You have various catheters and IVs. You can expect that they will be removed over the next day.
- You may have a 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 and performing “ankle pump” exercises while you are awake.
- You will not be able to eat in the PACU, but you will receive a liquid diet later that evening.
- You will be receiving your medications intravenously until you are able to tolerate liquids.

Have a good night!



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DAY 1 AFTER SURGERY

DAY _____ DATE _____

THINGS TO EXPECT TODAY

- You may be transferred from the monitored unit to a regular room where your nurses will continue to closely monitor your condition.
- Your urinary catheter and IV's will be removed today.
- You will have morning blood tests done.
- Your dressings will remain undisturbed over your groin incisions.
- You will be helped out of bed to a chair and assisted to walk.
- You will be encouraged to cough, deep breathe, and use the incentive spirometer.
- You will discuss your plan of care with the nurse practitioner, who will follow your progress throughout your hospital stay.
- You may meet with the social worker to discuss specific needs for discharge.

You can expect some discomfort after this operation, but this should not stop you from participating in daily activities. Your pain medication will be given by mouth.

If you did not bring it with you, ask your family to bring in the Patient Information Packet you received in your doctor's office or Pre-Admission Testing. Read the information in the Patient Packet on "While in the Hospital." It will explain what to expect during your hospital stay.

THINGS WE WILL HELP YOU DO TODAY

MORNING

- Sit up in bed or out of bed in a chair for breakfast.
- Use your incentive spirometer at least 10 times every hour while you are awake. How high did you get the incentive spirometer this time? _____ You should breathe in slowly and deeply to achieve maximum benefit.
- The catheter will be taken out of your bladder.
- It is important that you walk today. The nursing staff will give you the necessary assistance.



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- Your physician will evaluate you and determined if being discharged today is appropriate and prudent. If you are discharged, you will have a list of discharge instructions and prescriptions. You will know when your doctor needs to see you again.
- Prepare for discharge. Who will accompany you? Name _____
Phone _____ Speak with your nurse or social worker if you have any questions. Discharge is at 10AM.

If you are not discharged:

AFTERNOON

- You will sit in the chair for lunch.
- Your nurse will check to see that you have urinated following the removal of your urinary catheter.
- You will continue to walk with assistance as needed.
- Use your incentive spirometer at least 10 times every hour while you are awake. How high did you get the incentive spirometer this time? _____
- Your nurse will ask you to rate your pain on a scale of 0 to 10 and give you pain medication by mouth as needed.

EVENING/NIGHTS

- Sit in the chair for dinner.
- You will continue to walk with assistance as needed.
- Your nurse will continue to ask you to rate your pain.
- Use your incentive spirometer at least ten times every hour while you are awake. Remember, you should breathe in slowly and deeply to achieve maximum benefit.
- You will continue to receive pain medication as needed.
- Ask questions about your medications and discharge plans.
 - Have you received the prescriptions for your medications yet, which were prescribed during this admission?
 - Any last minute questions about how to care for your incision?
 - Ask the person who will be taking you home tomorrow to arrive no later than 9:30 AM.
- 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 2 AFTER SURGERY

DAY _____ **DATE** _____

THINGS TO EXPECT TODAY

- You will have your dressings removed over your groin surgical incisions by the Vascular Surgery team.
- You will be encouraged to walk.
- You will be discharged from the hospital by 10 AM.
- You will have a list of discharge instructions.
- You will know when your doctor needs to see you again.

THINGS TO DO TODAY

MORNING

- Sit in the chair for breakfast and get washed.
- Call and make an afternoon appointment with the surgeon in 2-4 weeks. Call and make a morning appointment for the CAT Scan the same day as the appointment with the surgeon. Identify yourself as an Endovascular Patient when you make an appointment with the surgeon's office and with the Outpatient Radiology Department for the Cat Scan (212-263-7216).
- Review the discharge materials in your education packet or in your discharge plan.
- Obtain prescriptions for any new medications started this admission. Obtain a prescription for a follow-up CAT Scan. Since contrast dye is required, notify the nurse practitioner or physician if you have a contrast dye allergy. You will then receive a prescription for steroids to be taken before the scan.

Good Bye and Good Luck!

Best wishes for a speedy recovery,

The Staff at NYU