



THORACIC AORTIC LESION: ENDOVASCULAR STENT PLACEMENT DISCHARGE GUIDELINES

MEDICATIONS:

- You will be started back on your pre-operative medications within two days after your surgery.
- Blood pressure control will continue to be a very important part of your treatment after you go home.
- We will notify your primary care provider of the final medications that we are prescribing for you upon discharge.
- You should have your blood pressure checked once a day, and keep a record of these readings.

PAIN CONTROL:

We will provide you with some pain medication for you to take when you need it at home. After one week, you will most likely only need acetaminophen or ibuprofen for any procedure related pain.

DIET:

You should resume your pre-operative diet. Avoid excess salt and do not eat large amounts of food that contain high levels of sodium. Higher sodium (salt) levels will make your blood pressure more difficult to control. Ask your care provider if you should limit the amount of fluid that you drink.

ACTIVITY:

A physical therapist may evaluate your leg strength, endurance, balance, and walking safety. You should walk at least four times a day. You should not lift anything heavier than 10 pounds nor drive for 2 weeks from your date of discharge.

DRESSING:

You may shower, but do not soak your groin incisions for at least weeks from the time of your discharge. Cleanse your groin incisions / puncture sites once a day with warm water and antibacterial soap. Pat the incision thoroughly with a dry cloth or towel. If any drainage occurs, cover the incision with a dry gauze and change the gauze dressing at least twice a day or more often, if needed.

CALL US, IF ANY OF THE FOLLOWING:

- Increased redness, swelling, pain, or drainage from your groin incision(s) or puncture sites
- Fever or chills within the first two weeks after discharge

PHONE – 434-243-6828 between 8:00 am and 4:30 pm, weekdays, OR
434-924-0000 after hours, and ask for the vascular resident on call.

SEEK CARE IMMEDIATELY IF:

- Sudden decrease in strength, sensation, temperature or color of the lower legs
- Sudden swelling and acute pain in one of your groins
- Sudden onset of chest or back pain