

INSTRUCTIONS
LEG BYPASS SURGERY

Be in Admissions at Pennsylvania Hospital, 800 Spruce St at: _____

The procedure is schedule to start approximately: _____

You must be on time or your procedure may be postponed until later in the day or even cancelled.

The exact timing of cases starting after 8 AM is highly unpredictable

If you have the following problems, you must inform your doctor before the test:

Allergies to dye: If you have a known allergy to dye (contrast), you should let the doctor know. If so, we will give you steroids (Prednisone) before the test to prevent this reaction.

Kidney problems: If you have known kidney problems (renal failure, elevated creatinine), we may give you medication to prevent further problems.

Blood-thinning medications: If you are taking Coumadin or Plavix, you should let the doctor know. We will stop these medications several days before the test to prevent bleeding. *You should continue one aspirin per day up to and including the day of surgery.*

Beta blockers, statins: call your cardiologist or family doctor and ask if you can start taking these medications before surgery if you are not on them already. They may improve the results of surgery.

- 1) Day of surgery: nothing by mouth (except medications with sips of water - check with your primary care physician or anesthesiologist or cardiologist)
- 2) Length of your hospitalization will vary from two days to several days.
- 3) You should call the office 215-829-5000 when you get home for a follow-up appointment to be scheduled approximately 1-2 weeks later. Tell the office you need an ultrasound of the bypass and PVRs to be done in the office the same day as you see the doctor *if these tests can be fit in the same day.*
- 4) Expect to feel tired for a few days and to have some incisional pain. This is normal.
- 5) Try to walk at least three times a day.
- 6) Showering or bathing is acceptable after you are home.
- 7) Try to slowly but fully straighten and bend your leg at the knee a few times a day.
- 8) You will have leg swelling. Keep your leg elevated *above your chest* by lying in bed or on a couch: you must keep your head and chest almost flat to do this (on one or two pillows) but keep your foot elevated on several pillows. Do this for 2-3 weeks after surgery. Do not sit in a chair for extended periods of time. Ace wrapping the leg from the toes to just below the knee is advised. The ace bandage can be removed when you sleep or shower.
- 9) Fluid drainage from the wound is common and can be treated with dry gauze padding. If you develop significant redness at the incision, high fevers, or pus drainage, contact your surgeon.

Questions call Kelly 215-829-5005