

## INSTRUCTIONS

### OPEN AORTIC 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.

- 1) Day before surgery: okay to eat but not heavy cream products (milk, etc).
- 2) Evening before surgery: nothing to eat after midnight.
- 3) Day of surgery: nothing by mouth after midnight (except medications with sips of water - check with your primary care physician or anesthesiologist or cardiologist)
- 4) Length of hospitalization is usually 4-7 days
- 5) You should call the office 215-829-5000 when you get home for a follow-up appointment to be scheduled approximately one week later. Tell the office you do not need any tests.
- 6) Expect to feel tired with a decreased appetite for several weeks. This is normal.
- 7) Try to walk at least three times a day, inside or outside, once you are home.
- 8) Showering or bathing is acceptable after you are home.
- 9) Constipation is common after aortic surgery. Take over the counter laxatives that can be bought at any pharmacy.
- 10) Call the office if more than a minor amount of fluid drains from your incision.
- 11) No lifting more than 10 pounds for two months.
- 12) Although it is acceptable to ride in a car after surgery, you should not drive for two weeks after surgery.

Questions call Kelly 215-829-5005