

## Post Operative Instructions Common Femoral Endarterectomy

- **Dressings**
  - Remove the dressings on the 5<sup>th</sup> postoperative day.
- **Stockings**
  - Wear the supplied full length TED stocking for 2 weeks.
- **Showering**
  - You can shower.
  - When drying, gently **pat the wound dry** – do not rub - this may disturb the sutures.
- **Exercise**
  - You should rest at home for the first 3 days.
  - Elevate the leg when not walking.
  - Activities of normal daily living are permitted.
  - As you recuperate, you should steadily increase your walking - initially around the house and then outside.
  - Avoid strenuous exercise for 6 weeks – e.g. Running, Gym work, Heavy lifting, etc.
- **Driving**
  - It is important that you are not encumbered by pain, weakness or dressings.
  - You should not drive a car until cleared by a medical practitioner – usually 4 weeks.
  - You should not drive a car while on sedating pain relief medications or sedatives.
- **Anticipated post procedure course.**
  - It is normal to experience some firmness, tenderness, bruising and mild swelling in the area of the incision.
  - Continue to take your normal prescribed medication unless you have been otherwise instructed.
  - You may have been discharged with potent analgesic medications for use in the event of significant pain.



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- **Problems and Concerns**

- If you experience any of the following, seek urgent medical attention at the nearest emergency department.
  - Severe pain.
  - Significant swelling.
  - Substantial bleeding or discharge.
  - Discolouration of the foot – eg. blue or white.
  - Numbness or weakness of the foot or leg.
  - Other significant symptoms of concerning you.
- If you have concerns - contact my rooms
  - **9576 1491.**
- In the case of severe concerns contact the ambulance service.
  - **000.**

- **Follow-Up**

- It is normal to have a post-operative appointment in 4-6 weeks.



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