LOWER EXTREMITY BYPASS  
DISCHARGE INSTRUCTIONS

Medications:
• Do not drink beer, wine, or hard liquor or take recreational drugs while on prescribed pain medication.
• Take a gentle laxative such as Senokot S daily as directed before constipation becomes a problem. Pain medication may cause constipation.
• Take acetaminophen 325mg 2 tablets orally every six hours as needed for discomfort.
• Resume all Pre procedure Medication unless instructed otherwise
• Take pain medication IF prescribed and as directed.

Activity:
• Expect a recovery period of 6 weeks.
• No lifting over 10 pounds (bag of groceries) for 3 weeks.
• No driving for 2 weeks or while taking pain medicine. After 2 weeks, you may drive if you can walk without difficulty. Avoid sitting, standing, or driving longer than 30 minutes for 3 weeks.
• Walk often, short distances at first and increase slowly. You may go up and down stairs.
• Elevate your leg on pillows above the level of your heart when not walking to minimize swelling.

Diet:
• Resume the diet you were on before surgery. A low fat, low cholesterol diet is recommended.
• Eat fruits, vegetables, and bran products to avoid constipation.

Incision:
• Keep incision dry. Apply dry gauze if there is drainage, and call your surgeon. Your incision will take a couple of months to heal. You may shower. Gently pat the incision(s) dry with a towel.
• No bath, whirlpool, hot tub, or swimming for 2 weeks or until staples are removed.
• Staples will be removed in your surgeon’s office about 3 weeks after your surgery.

Call your surgeon if any of the following conditions develop after discharge:
• Pain not controlled by the medication prescribed.
• Redness or drainage from the incision(s). Fever above 101 F (38.3C).
• Shaking chills.
• If either leg or foot becomes cold, painful, or discolored.
• Any questions or concerns.

If unable to reach your doctor, go to the nearest emergency room.

Call the office at 732-641-vein (8346) for a follow-up visit if not scheduled prior to discharge.
If you smoke or use any tobacco product, “PLEASE STOP NOW!”
For assistance, Call the New Jersey Quitline 1-866-657-8677
And please discuss with your surgeon and Primary Physician for help

Patient Signature __________________________  Registered Nurse or Physician Signature __________________________