



## 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 downstairs. • 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 the 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 at 1-866-657-8677  
And please discuss with your surgeon and Primary Physician for help.***

---

Patient Signature

Date

Care Provider reviewing instructions Signature

Date/Time

Vascular & Vein Center of NJ  
10 Industrial way East, Suite 103  
Eatontown, NJ 07724  
Tel: 732.641.VEIN (8346)  
WWW.VVCNJ.COM