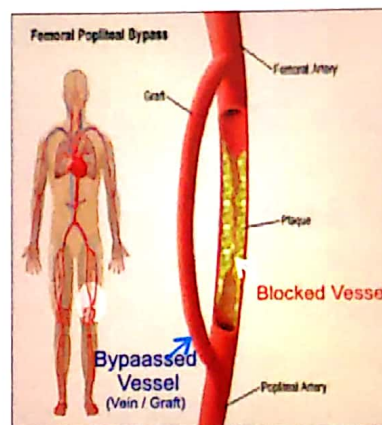


Instructions for the patient following Vascular Bypass surgery/Angioplasty.

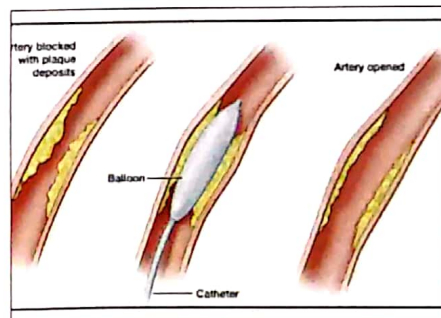
The operation you have undergone was designed to bring additional blood supply to the area of lower limb/upper limb previously deprived of blood. This deprivation was due to the narrowing of the arteries supplying the muscle.

In **Bypass surgery** a vein from your leg/arm or an artificial graft is used to bypass (go around) the blockage of the artery. The removal of the vein from the leg is not harmful. If a vein cannot be used for the bypass a graft is used.

One end of the vein is attached to the artery above the blockage and the other end is fixed below the blockage.



In case of **Angioplasty**, the doctor will push a balloon catheter up to the obstruction site. The balloon is then inflated to break up the hard plaque. Sometimes if the



artery has lost elasticity and doesn't remain open after balloon Angioplasty Doctor will place

a stent, a tube metal wire to provide support to the blood vessel walls.

Most of the patients suffering from foot pain at rest/ pain in the legs on walking as a result of poor blood flow have significant improvement in their symptoms. Even the wounds heal well.

Before the surgery:

1. You will be kept on fasting for about 8 hours but IV fluids will be given to provide adequate nutrition for your body.
2. You may be given an injection at the back (Epidural analgesia) to manage pain.
3. You might be shifted to ICU for a day for observation.
4. You will have a catheter in your bladder to monitor your urine output for about two days.

Care after the discharge:

1. Activity: You have made a good recovery from your operation and are now ready to go home. You will find yourself tiring easily for a while and having to stop and rest between activities. Your strength will return slowly and steadily over the coming months. Regular exercise is important. Walking promotes blood flow and tone of the muscle and also feeling of well being. You should slowly increase the pace and length of the walking, Starting from 5 to 10 minutes a day. You can climb stairs, but avoid bending the knee too much (not above 90°) if the graft is placed across it. Always try to keep your legs straight. Do not sit cross legged and do not squat.



Lifting weights should be avoided for 6-8 weeks post surgery. If you have a foot ulcer wear an appropriate foot wear prescribed by the doctor and walk with the help of **walker** only. If you have a foot ulcer, absolutely **avoid putting weight** on it while walking.

1. Driving: Driving is not advisable for few weeks. When you are free to move your legs comfortably and free of pain completely you may drive.

2. Returning to work: Adequate rest for 2-3 wks is advisable. If you have undergone Angioplasty and Stenting 1-2 weeks rest is sufficient. You may resume to your work once you regain your strength.

3. Diet: Loss of appetite and constipation may occur. It should return to normal within few weeks. Eat a balanced diet. If you are constipated increase intake of fiber and fluids. Raw fruits, bran products, vegetables are rich in fiber. Drink 6-8 glasses of water everyday. (Unless fluid intake is restricted because of other medical illness).



If you are a diabetic follow diabetic diet as advised/ Renal diet if you have renal disease.

4. Bathing: Bathing and showering, washing your hair using soap is allowed after 3 days of surgery. You should treat the area of incision gently. Clean the area with mild soap and water. Dry the area with a soft towel. If you notice any redness/ swelling/drainage from the operated site inform doctors.

5. Wound care: The incisions over the limbs /abdomen are made during surgery. There will be pins put for skin closure at the operation site; there may be mild swelling and discomfort in the area of the incision for some days. This

will gradually disappear. Continue crepe bandage application snugly over the legs, until the swelling is reduced. There may also be some numbness of skin on either side of incisions. If you notice unusual swelling and pain inform doctor. These clips will be removed after two weeks at Vascular OPD.

6. Prevention of Pressure sores: Whenever you are sitting or lying down keep your legs straight and **keep a pillow under your legs, heel should be out of the pillow**, before and after operation. This is to avoid risk of developing an ulcer over the heel, which can worsen the condition. Also keep changing your position frequently. Observe if there are any skin changes over the pressure areas like heel, lower back. Its an important way of protecting injury.



7. Clothing: Do not wear tight clothes such as tight socks/pants, tight foot wear as they can constrict the leg/feet.

8. Foot care/wear: Care of the skin of feet and legs is very important. Wash your feet every day and dry them well. Protect your feet from extreme temperatures. Do not walk barefoot. Appropriate foot care education and foot wear will be provided by our Podiatrist. If you have an ulcer/ wound, every day dressing is required and wear appropriate footwear given to you by the podiatrist while walking.



9. Medication: Take medicines as advised by doctor. Purpose and effects of drugs will be discussed with you by the doctor

10. Prevention of infection: if you have an artificial graft, take good precautions to avoid infection of the graft. If you feel feverish take your temperature. Show to your doctor if it is above 100° F or inform JIVAS

11. Reducing risk factors: Fatty deposition in the artery (atherosclerosis) can be reduced if you improve your quality of life. Impart healthy lifestyle changes.



- a) Control Hypertension, Diabetes and High blood cholesterol.
- b) Stop smoking.
- c) Exercise regularly.
- d) Reduce stress in your life.
- e) Modify your diet (Diet low in cholesterol and sugars)

Smoking: Nicotine in cigarettes causes the arteries to narrow and thus decreases blood flow, speeds up the heart rate and increase blood pressure. Complete smoking cessation is advised.

Alcohol: Alcohol intake should be in moderation.

12. Follow up care: If you are a diabetic/ have High blood pressure continue with prescribed treatment by your physician. Regular blood tests for Sugar and Lipids is advised. Regular follow up with vascular doctors with prior appointments is a must. Notify to your doctors if any of the following occurs:

- a) Changes in incision- unusual discharge or bleeding .
- b) Fever above 100°
- c) Increased pain around the incision
- d) Loss of sensation/movement of toes.
- e) Coldness of feet/hand.

JIVAS provides **SMART CARD** to all the patients which embed clinical details of the patient. Also has Patient Reminder System which reminds about your appointments and regular health monitoring tips.

If you move out of the state/country please inform the doctor.

Dressings will be done during
10:30 am to 4:00 pm at vascular OPD .

Please ask your questions related to your disease to any member of vascular surgery team we will try to answer them.

Education for patients and patient relatives about Vascular diseases will be held at JIVAS, for information contact JIVAS Reception.

We wish you speedy recovery.