**Discharge letter after open surgery (bypass, patch, endarterectomy, aortic repair, venous reconstruction)**

*By Patrik J Tosenovsky, MD*

1. The dressing on your surgical incisions should be left unchanged unless there is a good reason to change it (soaked, dirty, peeling off) or if you are concerned what is going on underneath (enlarging bruising, red discoloration, pain out of proportions, leaking fluid or bleeding). If you have unexplained fever or chills, do look under the dressing and inspect the incisions – red colour, “angry looking” wound, pus etc. are most likely responsible for your symptoms and you need to see us.
2. If you have no other instructions – your wound (if applicable) should be re-dressed on regular basis by either Silver Chain team, GP or other health care professionals or yourself if you are experienced.
3. Take it slowly. Recovery is long and takes several weeks or even months for you to get back to “normal” life again.
4. Swelling after bypass surgery is not uncommon but excessive swelling need evaluation by GP or your surgeon.
5. If you have a fluid leaking from you groin, above your knee surgical incisions or elsewhere please come back to us.
6. A successful reconstruction of your arteries means you should have less symptoms compare to the status before surgery. Sometime, however, it takes few weeks for you to be able to “test” your legs (by walking or jogging) before you sure if the procedure helped.
7. If you had a venous reconstruction the recovery take longer than few weeks and it is not uncommon to have swollen groin or painful and reddish groin discoloration but if you are not sure please come to see us.
8. After surgery the incision usually “cuts” sensitive nerves in the area where it was placed and you might have lost sensation there (skin is numb). This is also not uncommon. It usually gets better over time but often the skin never feels the same as before.
9. You might have been instructed not to squat, bend your knees for long period of time and also avoid kneeling.
10. If an artificial graft was used for your reconstruction you need to take prophylactic antibiotic (one dose) before any surgical or dental intervention in the future (please remind other physicians about your graft).
11. If you have been given other instructions get your scan done in 2 weeks’ time and organise an appointment with us afterwards.
12. If you need any advice, if you uncertain please contact us.
13. Resume your normal medication as you were advised, drink plenty of water every day (unless you have restrictions) and avoid excessive work or heavy exercise.
14. You might be wearing stockings (put them on early after you are awake) and take them off before you go to bed.
15. If you have leg or foot ulcer – please have them redressed on regular basis as instructed.