

### Check-ups

Close progress monitoring is essential for the long-term functioning of the vascular reconstruction.

As part of the aftercare, we recommend regular clinical examinations and ultrasound checks. It is in your interest to attend the follow-up outpatient appointments.

**In the case of fever (temperature above 38 °C), swelling, pain or redness at the wound site, you should visit a doctor or our outpatient clinic without delay.**

**We hope to have answered all your potential questions with this information and wish you a speedy recovery.**

Your surgical team

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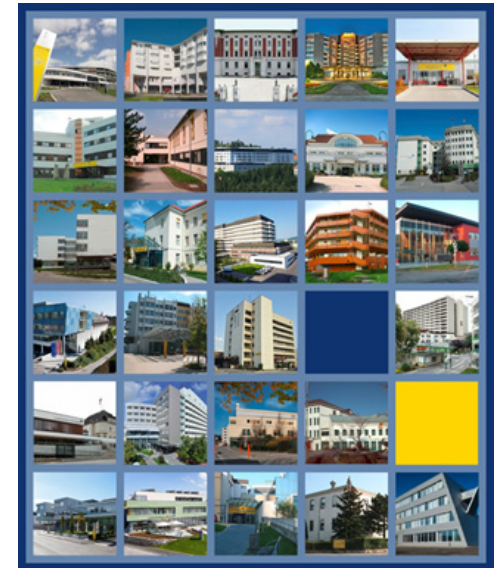
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Arterielle Gefäßoperation

## Surgery

### Discharge Information



### Behaviour after arterial vascular surgery

**Dear Patient,**

Further to our discussion at discharge and the doctor's letter, we would like to provide you with some more information relating to the time after your stay in our department.

**Personal hygiene**

Showering is possible from the second day after surgery. However, the wound area should only be cleaned with water, and no soap. Please discuss the use of waterproof bandages with the doctor treating you. Full baths should be taken at the earliest one week after the stitches are removed.

The surgical wound should not be exposed to sunbathing (including artificial sun tanning) for six months after surgery. If sunbathing occurs prior to this, the wound should be covered with a towel.

In principle, no specific scar treatment is required; however regularly applying a skin care cream can greatly aid the healing process.

**Postoperative pain**

Pain may occur in the area around the surgical wound, however this usually subsides within one week.

If the pain persists longer than this or reoccurs, then please contact your GP or our outpatient clinic.

**Swelling of the affected extremity**

Soft-tissue swelling after vascular surgery is caused by a lymphatic drainage disorder and may persist for several months. In principle, the swelling should slowly subside by itself.

If an existing soft-tissue swelling does not shrink, or expands, then please contact our outpatient clinic.

**Physical activity/ability to work**

Light physical activity is possible after discharge, depending on your subjective condition. Strenuous physical activity should not be carried out until eight to twelve weeks after surgery.

Ability to work varies according to the individual and depends on the occupational activity.

**Taking medication**

Depending on the vascular surgery, an anti-coagulant may be prescribed at discharge in order to improve the blood circulation. Please take this medication regularly and for an unlimited period. In the case of side effects, please contact the doctor treating you or our outpatient clinic without delay.