

PAD Treatment: Recovering At Home from Femoral Artery Bypass Surgery

When you have Peripheral Artery Disease, or PAD, you may require Femoral Artery Bypass Surgery to restore blood flow to your legs and feet in order to reduce both the symptoms and the complications of PAD.

Follow this checklist to help your recovery at home.

Do: Follow your discharge instructions carefully. Your discharge instructions will give you and your loved ones the information you need to continue a healthy recovery and avoid complications.

Do: Have someone stay with you for the first couple of days as you recover at home.

You will need someone who can help you with your daily activities while also providing support.

Do: Get plenty of rest. Your body needs to heal and recover.

Do: Drink plenty of fluids if instructed. Choose water.

Do: Check your incision site daily for signs of infection. Look for:
Increased swelling around the incision area,
Redness, tenderness, soreness, numbness,
Warmth around the area,
Tingling, pain or changes in the leg or foot,
And an increase in your temperature or fever-like symptoms.

Do: Contact your healthcare provider immediately if you notice signs of infection.

Do: Lie down, apply pressure to the area and call 911 if your incision starts to bleed.

Do: Take your medications as directed. You may have been given some new prescriptions to help you as you recover.

Do not: Miss a dose. Contact your healthcare provider about what to do if you do miss one.

Do not: Take a tub bath. You may be able to shower once your healthcare provider says you can.

Do not: Lift anything greater than 10 pounds for the next day or 2.

Femoral Artery Bypass surgery can relieve many of the symptoms of PAD, including pain, and help prevent long-term complications.

Follow your healthcare provider's instructions and this checklist to help you get back to enjoying life again, as a healthier you.