

## Endovascular Aneurysm Repair (EVAR)

An aneurysm is a bulge in an artery. As the bulge grows it can, if left untreated, rupture (burst). This can lead to severe internal bleeding and even death. You and your physician have determined that you would benefit from repair of your aneurysm (s) to lower the risk that your aneurysm will rupture. This procedure involves making small cuts or punctures where your lower abdomen meets your leg (groin area). A stentgraft (a synthetic tube-like device) is inserted through these sites and positioned in a manner that prevents blood flow from entering the aneurysm.

### Before Surgery

1. You must take all prescribed medications as directed.
2. Patients should be evaluated by the anesthesia staff prior to the day of surgery to make sure that surgery can be performed safely the day of surgery. This visit will lower the risk that the surgery will be canceled.
3. Nothing is to be by mouth starting midnight, the night before surgery except prescribed medications with sips of water. This includes water and coffee. We will inform you of the medications that should not be taken before surgery and when to stop them.

### Day of Surgery

1. You must arrive at admissions at the time listed on your instruction sheet. This is typically 2 hours prior to the scheduled time of your surgery. Failure to come on time may lead to the cancelation of your surgery.
2. There are many factors, beyond the control of your surgeon, that determine when surgery actually starts. This may lead to delays. Please be patient with the staff as they try to get your surgery started as soon as possible.
3. Family members/belongings: it is best to leave all items of value at home (cash, jewelry etc.). All items that are brought to the hospital with you should be left with your loved one. All other items (clothing etc.) will be stored and given back to you after surgery.
4. Once surgery starts, we will inform your loved one and will update them on the progress of the surgery.
5. After the surgery is completed, the surgeon will come out and discuss how the case went. It is important that your loved one be available in person or by phone so that the surgeon can share this information.
6. You will go to the recovery room for at least 2 hours and then to your room.

## Day of Surgery

7. Visitation: Hospital policies vary between institutions and over time (particularly since the onset of the pandemic). The hospital may allow a loved one to stay overnight but this cannot be guaranteed.
8. You will feel sore and stiff the day of surgery. Pain medication will be provided to lessen this pain.
9. Mobility is important after surgery, so we will ensure that you get out of bed and walk around.
10. The nurses will monitor various vital signs as well as your overall physical status. They are in constant communication with your surgeon with any concerns that may arise.

## After Surgery

1. Your surgeon or one of the surgeon's designees will evaluate you and determine if you are ready to be discharged.
2. Typically, you can expect to be in the hospital for 1-2 nights after an endovascular aneurysm repair. However, if there are any concerns we may keep you admitted longer.
3. We ask that you avoid driving and heavy lifting (over 10 pounds) until the first office visit after surgery.
4. Walking short distances on a flat surface is OK after your procedure. Try to walk a little, 3 or 4 times a day. Slowly increase how far you walk each time. Avoid strenuous exercise until your first post-operative visit. After this you will typically be released to gradually return to your normal activity level.
5. If you have a gauze or plastic tape dressing, it may be removed 2 days after surgery.
6. You may feel discomfort in your abdomen for a few days. You may also have a loss of appetite. This will get better over the next week. You may have constipation or diarrhea for a short time.
7. You may have some discomfort at the puncture (or small incision) sites, though this is typically mild. Pain medication may be prescribed to you prior to your discharge from the hospital.

## Follow Up

1. A follow up visit with the doctor, nurse practitioner or physician assistant should occur in 2-3 weeks after surgery.
2. You will require ongoing monitoring with imaging studies (ultrasounds and/or CT scans) after your procedure. These will be spaced out every few months for the first two years after your procedure and then typically reduced to once per year. These are important as they confirm there is no problem with the graft and the aneurysm is not continuing to grow.
3. It is normal to have some discomfort after the procedure, however if you are experiencing severe abdominal or back pain or have any other urgent concerns please contact us immediately at 407.648.4323. This will connect you directly with our office during business hours. After hours you will be connected to a physician through our answering service.

**It is important to us that our patients are able to easily contact us to schedule appointments or discuss any questions/concerns.**

Our office phone number is **407.648.4323**. If you have any questions you can reach us between the hours of 8AM-5PM. If you have an urgent concern and need to call after hours you will reach one of our surgeons through our answering service. Answers to many common questions may also be found at [www.arteryandvein.com](http://www.arteryandvein.com).

**GENERAL QUESTIONS CAN BE EMAILED TO: [patients@arteryandvein.com](mailto:patients@arteryandvein.com)**

**You may also call/email staff directly**

Procedure scheduling/medical questions	Trinity MA	Ext 121	<a href="mailto:trattiger@arteryandvein.com">trattiger@arteryandvein.com</a>
	Debbie MA	Ext 135	<a href="mailto:djean@arteryandvein.com">djean@arteryandvein.com</a>
Insurance authorization	Lisandra	Ext 129	<a href="mailto:laninipot@arteryandvein.com">laninipot@arteryandvein.com</a>
	Angie	Ext 128	<a href="mailto:anegron@arteryandvein.com">anegron@arteryandvein.com</a>
Billing questions	Lisa	Ext 152	<a href="mailto:ljacobs@arteryandvein.com">ljacobs@arteryandvein.com</a>
	Chris	Ext 127	<a href="mailto:casman@arteryandvein.com">casman@arteryandvein.com</a>

**If you have called our office and have not received a call back within 24 hours or need to discuss an urgent matter please call or email our management team.**

Clinical operations manager	Jason	Ext 108	<a href="mailto:jruiz@arteryandvein.com">jruiz@arteryandvein.com</a>
Ultrasound lab manager	Keema	Ext 116	<a href="mailto:kencarnacion@arteryandvein.com">kencarnacion@arteryandvein.com</a>
Practice administrator	Ashley	Ext 137	<a href="mailto:aandroski@arteryandvein.com">aandroski@arteryandvein.com</a>

**THE PATIENT PORTAL IS AN EXCELLENT TOOL TO CONTACT US and all communications through this are saved in your chart. You are also able to access your records through this system. To sign up for this please ask the front desk while you are here or call/email:**

Hallie	Ext 104	<a href="mailto:hfisher@arteryandvein.com">hfisher@arteryandvein.com</a>
Leslie	Ext 101	<a href="mailto:lbergeron@arteryandvein.com">lbergeron@arteryandvein.com</a>