

## Leg Bypass

Peripheral artery disease (PAD) results from the build-up of plaque (atherosclerosis) in the arteries of the legs. These blockages can result in pain with walking or at rest, delayed wound healing, and in the worst-case scenario, limb loss. Your doctor has determined you would benefit from a leg bypass surgery to improve the circulation in your leg(s). The purpose of this is to reduce pain, improve lifestyle, encourage wound healing and/or prevent amputation.

### 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.

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 2-3 nights after a bypass procedure. 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. You should also avoid squatting.
4. You may have a hard plastic device over your incision. This is a wound management system that can be removed after 7 days. You can remove the tape yourself and pull off the device and throw it away. It is not attached to you by anything other than the tape.
5. If you have a gauze or plastic tape dressing, it may be removed 2 days after surgery. Replace with gauze and tape if there is drainage from the wound. You may shower after the first dressing is removed, without scrubbing the wound.
6. It is common to have swelling in the leg after a bypass procedure. This will probably develop while you are in the hospital and gradually resolve slowly over time. This could be present for weeks or sometimes even months. Elevation of the leg (or legs) can help reduce the swelling.
7. Men may have swelling of the testicles as well. This is not uncommon and will improve.
8. It is normal to have pain after a leg bypass. Typically, you will be discharged from the hospital with a prescription for pain medication. If you run out of this please call the office or let us know on your first follow up visit. Refills will be determined on a case by case basis.
9. You may experience some patches of numbness on your leg. This can occur from irritation of the nerves from the incision. This should gradually improve over time.
10. You may have incisions on the leg that did not have the bypass. This can occur when one of your own veins is removed for use as the bypass. These incisions may be very small or long, depending on how the vein was removed.
11. If you have a sudden increase in your leg swelling/pain or your leg or foot feels cold/numb you should contact your doctor urgently.

## 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 be scheduled an ultrasound study to be done either 6 or 12 weeks after your surgery. This is done to monitor your bypass and your blood flow. You will continue to have periodic monitoring ultrasounds after this.



# Vascular Specialists

of Central Florida, Inc.

**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)**