



The
**Vascular
Center**

DISCHARGE INSTRUCTIONS FISTULOGRAM/GRAFTOGRAM

Following discharge from the hospital, you may have some questions about your operation, your activities or your general condition. These instructions may answer some of your questions and help you adjust during the first few weeks following your operation.

ACTIVITY Limit use of the operated arm to what is absolutely necessary for the first day after surgery. On the second day after surgery you may start to increase use of your arm as tolerated. One week after surgery you should start to exercise your hand on the side of the graft by squeezing a ball. This increases blood flow in your graft and arm so your graft will function better.

DIET Resume your normal diet. Try to eat low fat and low cholesterol foods.

MEDICATIONS Resume all medications taken prior to your operation unless you receive specific instructions to change.

INCISION Your surgeon may have chosen to use Dermabond, a type of adhesive glue, to close your incision. There are stitches present under the skin which will absorb on their own. The Dermabond is used to cover the incision, assist in closure, and prevent contamination. This adhesive will darken and peel away on its own within one to two weeks.

You may shower after your surgery, but **do not** scrub the incision. Sitting in a tub is not recommended for the two days following surgery or if you have any open wounds. It is normal to have some bruising, swelling or mild discoloration around the incision. If increasing redness or pain develops, call our office immediately. If present, you may remove the band-aid or "steri-strips" over your wound after two days.

FOLLOW UP STUDIES/APPOINTMENTS **Your doctor will discuss whether further treatments or follow-up studies are necessary at your first postoperative visit.**

You have an appointment on _____ with _____ to go over the results of the procedure you had today.

PLEASE CALL THE OFFICE IF YOU HAVE ANY QUESTIONS AT #610-252-8281.

Easton Office
3735 Nazareth Rd.,
Suite 206
Easton, PA 18045-8346
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Quakertown Office**
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