

# Open AAA Repair Checklist

- You will spend the first night in the ICU.

---

- The average stay in the hospital is about 7 days.

---

- Sometimes you will find that your bowel is a bit lazy in the first few days after the procedure. You will receive some medication to normalise your motions.

---

- Stitches are usually removed after 14 days by your GP.

---

- The post-operative compression dressing will be changed to compression stockings after surgical review the morning after your operation.

---

- If you are on diabetic medications that contain dapagliflozin or empagliflozin (Forxiga, Qtern, Xigduo XR, Jardiance, Jardiamet or Glyxambi) these may be withheld for up to 4 days after the procedure.

---

- Mobilisation in form of light exercise is encouraged post-operatively.

---

- However, do avoid strenuous exercise for 6 weeks.

---

- Do not lift anything heavy for 3 months.

---

- Do not drive until you are fully mobile again and can comfortably perform an emergency break.

---

- Open aortic repair is a big surgery. There will be ups and downs during your recovery. It can take up to 6 months to feel fully back to normal.

---

- Please take your prescribed pain medication over the full duration to ensure that you stay comfortable and that the wound settles nicely.

---

- Your post-operative follow-up will be 6 weeks after the procedure. However, should you be concerned about anything, please let us know and Dr Ritter will see you earlier.

---


