



TRANSCATHETER HEART VALVE (TAVI) PROGRAM

Patient Discharge Information

You have had an Aortic Valve inserted through a puncture site in your leg. This handout will help you learn how to care for yourself at home, and understand what will be expected in the future. Please read this information before you go home.

You will be mailed a temporary Valve card from the hospital. This card has information about your Valve. **Carry your Valve card with you at all times.** A permanent card will be mailed to you by the manufacturer. Please keep this in your wallet or purse.

General Guidelines

- Take your medication(s) as prescribed
- **You are not allowed to drive for 1 month after the TAVI procedure** or as directed by your Cardiologist
- Contact your dentist or other doctor before any dental or medical procedures. Your new heart valve is a tissue valve and may require you to take antibiotics before the dentist or other procedure
- **MRI:** if you require a magnetic resonance imaging scan (MRI) for any reason, tell the doctor or MRI technician that you have had a heart valve procedure.
*See your medical device ID card

Follow-up Appointments

- Please see your GP in 1-2 weeks or as directed (call to arrange this appointment) _____
- Please see your routine cardiologist in 4-6 weeks (call to arrange this appointment) _____
- You will need a follow-up Echocardiogram (ECHO) 30 days after your procedure and again at 1 year (The ECHO department will call you)

Care of Your Puncture Sites

- | | | | |
|--------------------------|-------------|--------------------------|-------------|
| <input type="checkbox"/> | Right groin | <input type="checkbox"/> | Right wrist |
| <input type="checkbox"/> | Left groin | <input type="checkbox"/> | Left wrist |

The groin site(s) have one or more closure device(s) used to close the femoral artery and stop the bleeding

Your closure device(s) are:

- Angioseal (collagen plug that dissolves over time)
- Perclose (stitch that stays in and does not get removed)

The bandages can be removed in 24 hours

You may have a small lump or bruising at the puncture site. This is normal and should disappear within 4-6 weeks.

You can shower after 24 hours

- Be gentle; no rubbing or scrubbing the sites
- Soap and water only; no lotions, creams or powders
- Pat areas dry gently with a clean towel
- NO hot tub, bath, or swimming for one week

Activity Restrictions

You can resume walking the first couple of weeks after the procedure and gradually increase your activity level

You may resume sexual activity after 3 days

It is normal for your puncture site to be tender for the next few days. Tell your doctor if this gets worse

Wrist:

- Avoid repetitive movement such as typing, knitting or computer work for 24 hours. This puts pressure on the healing artery and could cause trauma or bleeding
- Avoid pushing, pulling, or lifting anything over 10 pounds for 1 week

Groin:

- Avoid stair climbing for 24 hours
- Avoid kneeling or crouching for 3 days
- Avoid lifting anything over 10 pounds for 1 week

What if My Puncture Site Starts to Bleed?

Wrist:

Hold **firm** pressure or have someone else hold **firm** pressure above the puncture site (the hole where the blood is coming from). You will know when you are holding firmly enough because the bleeding will stop

Hold firmly for 20 minutes and then gently release pressure. If the bleeding has stopped, cover the puncture site with a Band-Aid and do not use the wrist for at least a few hours

Groin:

Lie down flat on a hard surface. Have someone else hold **firm** pressure above the puncture site. Bleeding will stop if you are holding firmly enough. Hold for firmly for 20 minutes and then gently release pressure. If the bleeding has stopped, cover the puncture site with a Band-Aid and lay flat for 4 hours

***If the bleeding does not stop, or even firm pressure cannot stop the bleeding from the wrist or the groin, CALL 911 IMMEDIATELY and tell them you have had a procedure in your artery and cannot stop the bleeding.*

Potential Complications that May Occur After Discharge:

- Swelling/edema: It is normal to experience some swelling/edema after the procedure. Sometimes as late as 5-7 days after valve implantation. You may feel short of breath and need to urinate more frequently until your body has eliminated the extra fluid
- Some patients may develop a heart rhythm block that may require a permanent pacemaker

If you develop any of the following symptoms call your doctor or 911:

- Light-headedness
 - Dizziness (feeling very dizzy suddenly when standing up from lying or sitting position)
 - Fainting (temporary loss of consciousness)
 - Tiring easily when doing physical activity
 - Chest pain
 - Slow heart beat
- Infection of the puncture/incision site(s) in the groin area

If you experience any of the following signs and symptoms after you leave the hospital you may have an infection.

****You need to contact your doctor as soon as possible.**

- Fever
- Malaise/generally feeling unwell
- Incision hot to the touch
- Swelling or hardening of the incision area
- Redness
- Drainage from the incision (foul smelling drainage or pus)
- Pain

If you have any questions about these follow-up instructions, please contact the TAVI coordinator at (250) 370-8111 Extension 12142