

DISCHARGE GUIDELINES TRANSCATHETER HEART VALVE PROCEDURE



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Discharge Instructions

You have been given these guidelines to follow because you had:

- A transcatheter aortic valve implantation (TAVI):
 - Transfemoral
 - Alternative surgical access: _____
- A mitral valve transcatheter edge-to-edge repair ("MitraClip" procedure)
- Another transcatheter heart valve procedure: _____

We have given you information about:

- The "New Heart Valve" card
- Referral to cardiac rehabilitation and information about activity

WHEN TO GET HELP

Call the Transcatheter Heart Valve Clinic or your heart doctor if you are having **new symptoms**:

- Near fainting or fainting, dizziness or light-headedness
- Shortness of breath
- Chest pain
- Easily tiring during physical activity

Call 9-1-1 or have someone take you to the nearest emergency department if **any of the following is happening**:

- You feel extremely unwell
- You are very short of breath, even when sitting still
- You are having bad chest pain
- You cannot stand up because you feel too light-headed
- You have fainted

WOUND CARE and DRESSING:

The heart valve wound is: in your groin *OR* on your chest *OR* Other: _____

1. You can remove the dressing on the day after you leave the hospital. You can shower once your dressing is off or as otherwise instructed by your nurse.
2. You need to inspect your wound every day. You must see your primary care provider (Family Doctor or Nurse Practitioner) as soon as possible if you have any of these problems:
 - Redness and warmth at the wound that does not go away
 - Oozing blood or yellow or green drainage from the wound
 - Fever and chills
 - Numbness in your legs that is getting worse. If the wound is your neck, numbness in your arm or hand that is getting worse.
 - Pain in the wound area that is getting worse
3. It can be normal to have a bruise or a soft lump at the wound. It is **NOT NORMAL** if the lump gets bigger or harder rapidly. **This means that you are bleeding.** You must **lie down** right away and:
 - Ask someone to press down hard for 15 minutes just above the hole in the skin where the procedure was done. They will know if they are doing this right if the lump does not get bigger or harder. They must **NOT STOP** pressing for 15 minutes.
 - If the bleeding has stopped after 15 minutes, rest and stay lying down for at least 2 hours.
 - If the bleeding does not stop after 15 minutes, call 9-1-1.

MEDICATIONS:

- Your primary care provider or specialist that you see most often for your heart condition should review your medications during your first appointment.
- You have received written information about medications today and *specifically, about any new medications you need to start right away.*

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Discharge Instructions

Place Patient Label Here

DRIVING INSTRUCTIONS AND ACTIVITIES:

- You must not drive for 1 to 4 weeks after the date of your procedure- this will depend on the type of procedure you have had. Speak to your heart doctor about your restrictions.
- If you were told not to drive prior to your procedure, you must check with your primary care provider or heart doctor whether you can drive again.
- Daily activity is an important part of your recovery. *Do not lift, push or pull anything that weighs 10 pounds or more for 1 week.*

Activity Recommendations:

At your own pace (It may take 1 to 4 days to complete each step):

- STEP 1: Get up and dressed; Keep activities easy for short periods of time; Walk around the home; Go slowly on stairs.
- STEP 2: Slowly return to activities around the house that do not involve a lot of standing; Walk for 5 to 10 minutes, once or twice a day; Stay close to home; Avoid hills.
- STEP 3: Do a few more activities around the house (like making bed, cooking simple meal); Continue to walk for a bit longer once or twice a day.
- STEP 4: Start returning to normal activities (like shopping, light gardening); When a 15-minute walk feels easy, increase walking speed; continue to walk for longer until walking for 30 to 60 minutes every day, or for as long as you are comfortable.

MEDICAL APPOINTMENTS AND FOLLOW-UP:

- Make an appointment to see your primary care provider within 2 weeks; ask them to check your wound.
- Make an appointment to your heart doctor in about 3 months. It is best to make this appointment early.

Two follow-up appointments will be arranged by the Heart Valve team (at 1 to 2 months after procedure).

1. Cardiac echocardiogram at St. Paul's Hospital, Vancouver General Hospital or at a hospital close to your home. This appointment will be done 1 month after your procedure.
2. Transcatheter Heart Valve (THV) Clinic follow-up. This may be done in person or by telephone. You will receive a letter from the THV clinic with more information.

You will receive more information at your THV clinic appointment whether you can be discharged from the clinic or if you will need further follow-up. If discharged from the clinic, you will still need to continue follow-up with your heart doctor regularly.

IMPORTANT INFORMATION ABOUT YOUR "NEW HEART VALVE"

- You have received 3 copies of the "NEW HEART VALVE" card. Keep 1 in your wallet, put 1 on your fridge door (this is an easy way for people to find information about you in an emergency), and give 1 to a family member.
- Notify the St. Paul's Hospital THV Clinic (even if you had your procedure at VGH) if you go to the Emergency Department or are admitted to a hospital in the first month after your procedure.
- To protect your new heart valve and avoid infections, you might have to take antibiotics before having major dental work or other medical procedures (like surgery). Show your "NEW HEART VALVE" card and tell your dentist or other health care providers that you have a new ("Prosthetic") heart valve.

Discharging Nurse Initials

Date

Patient Signature

Date (dd/mmm/yyyy)