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**HOME INSTRUCTION FOLLOWING TRANSCATHETER AORTIC VALVE REPLACEMENT (TAVR)**

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**What is my main problem?**

You have just had your diseased aortic valve replaced with an artificial valve. Below is what you need to do when you go home.

**What do I need to do?****ACTIVITY:**

- **Weigh yourself every day in the morning after using the bathroom. YOUR discharge weight was \_\_\_\_\_.**
- Get up and get dressed every day. Do not stay in bed.
- Set a daily routine.
- When you are tired, rest.
- **NO DRIVING UNTIL YOU RETURN TO THE DOCTOR'S OFFICE.** You may ride in a car.
- Please let your doctor know if you need to leave town before your first follow-up visit.
- Do **NOT** lift more than five to ten pounds for the first week you are at home.
- You may walk up and down stairs.
- Walk as much as you can.
- Cough and deep breathe, use your incentive spirometer 10 times each hour when you are awake.

**DIET:**

- We recommend the Cardiac diet. Your nurse can provide a printed handout to you on this diet.

**INCISION CARE:**

- Shower every day. No tub baths for the first week you are at home.
- Cleanse wounds with mild soap and water. Keep wounds dry.
- A small amount of bloody or clear drainage is normal.
- Watch for signs of infection: redness, incision hot to the touch, fever greater than 101 degrees, swelling at the groin incision site, or discolored drainage from your incision.

**MEDICINES:**

- **DO NOT STOP TAKING YOUR BLOOD THINNER WITHOUT SPEAKING WITH YOUR CARDIOLOGIST!**
- Take your pills as ordered at the time of discharge.
- Do **not** stop taking any medicine without first discussing it with your doctor.
- **Avoid** all over the counter medicines, herbal, and natural supplements unless you have discussed them with your doctor.
- It is important to follow your doctor's orders, especially if blood thinning drugs are prescribed. Your doctor will monitor your medicine and advise you when or if you can stop taking it.

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**Why is it important for me to do this?**

- Regular check-ups by your cardiologist are very important. It is easier for patients with a heart valve replacement to get infections. This could lead to future heart damage.
- **Before any dental work or surgery is done, tell your dentist or surgeon about your heart valve replacement.** You may need to take antibiotics before and after some medical procedures to reduce the risk of infection.
- Always tell the doctor (or medical technician) that you have an implanted heart valve. Failure to do so may result in damage to the valve that could result in death.
- Before an MRI (magnetic resonance imaging) procedure, always notify the doctor (or medical technician) that you have an implanted heart valve.

**What can I expect?**

**HEALTHY HABITS:** To maintain a healthy physical condition, we have the following suggestions:

- **No smoking!!!** If you need help to stop smoking, please contact your doctor or Bronson HealthAnswers at (269) 341-7723.
- Attempt to achieve and maintain your ideal body weight.
- Walking is great exercise for the body and the mind! We suggest that you walk as much as you can.

**When to call the doctor or speak with the nurse?**

- Weight gain of 3 pounds in one day or 5 pounds in one week. Weight gain is NOT normal.
- Swelling of the legs, ankles, or feet.
- Increasing shortness of breath.
- Change in the color or temperature of your lower legs and feet.
- Develop abdominal pain or unrelieved nausea and/or vomiting.
- Develop any numbness, tingling, or limited movement of your arms or legs.
- Signs of infection: redness, incision hot to the touch, fevers greater than 101 degrees, or colored drainage from your incision.
- Seroma is an accumulation of fluid in the tissues at the groin surgical site. Symptoms may include: a lump near the groin surgical site, clear fluid draining from the site, redness, warmth, or swelling.

**ADDITIONAL INFORMATION:**

- Your follow-up echocardiogram will be scheduled by your cardiologist and his office staff will call you with the date and time.

We are here for you! If you have any questions, please feel free to call your physician. His office number is:

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