



Dear Patient & Family,

We want to thank you for choosing Kootenai Heart Clinics to be a participant in your health care. You have been identified as a candidate for the Watchman device. Enclosed is a brochure and other details that should help you understand more about the Watchman Device, also known as a Left Atrial Appendage Closure device.

The Watchman device is for patients with Atrial Fibrillation, not caused by heart valve disease and who have a history of bleeding or a lifestyle that puts them at risk for bleeding while on the recommended blood thinning medications. This device is a one-time procedure that reduces stroke risk for your lifetime. There are multiple website for patients to visit to also find more information and informational videos to help you better understand the procedure.

<http://www.watchman.com/home.html>

<https://www.kh.org/heart-services/kootenai-heart-clinics/watchman-device/>

This is an FDA approved device; patients with Medicare and commercial insurance are eligible. Coverage for this procedure will be authorized before scheduling of the procedure occurs.

If you are interested in the Watchman procedure, **Please contact Jenny, Structural Heart Program Coordinator directly at 208.416.9153.**
There can be many steps to this process, we will help you along the way.

If you wondering what your cost might be for the Watchman procedure. You can call your insurance company; ask them if this procedure is covered and what your estimated out of pocket might be. Enclosed is the CPT Code for the Watchman Procedure. Make sure to tell them this procedure is done as an inpatient procedure.

- CPT Code: 33340, Watchman procedure, done as an inpatient procedure.

Other testing that might need to be done if it has not been completed within the last year could be (but not limited to):

- CPT Code: 93306, Echocardiogram

Please feel free to call our Structural Heart Program Coordinator, with any questions at 208.416.9153 or Heart Clinics at 208.625.5250.



Frequently Asked Questions about the Watchman™ Device:

What is the Watchman™ device implant?

The Watchman™ device is meant to keep harmful blood clots from entering your bloodstream, which could possibly cause a stroke. It is intended for use in patients with non-valvular atrial fibrillation. Who cannot tolerate blood-thinning medications. It works by closing off a small pouch in the top of the heart called the left atrial appendage. It is thought that 90% of stroke-causing blood clots come from this pouch in patients with non-valvular atrial fibrillation.

How is this device implanted?

This involves a one-time procedure performed under **general anesthesia**. Your cardiologist will guide the Watchman™ device into your heart through a flexible tube (catheter) inserted through a vein in your groin area. This procedure usually takes about an hour or two. You will be on bedrest for about 4 hours after the procedure, to allow the small incision in the groin to close.

How long will I be in the hospital?

After the procedure is finished, you will spend several hours in the recovery unit, and then transfer to the cardiac floor of the hospital. Most patients are able to go home the following day.

What kind of restrictions will I have following the procedure?

You should avoid bending, squatting or intense activity such as climbing stairs more than needed, running or lifting anything over 10 pounds for one week.

Are there any concerns with dental work?

Yes, for the 6 months following the Watchman™ device implant we prefer to have patients avoid all dental work, unless it is urgent. You will need antibiotics prior to any dental work that may be needed. Please have your dentist call us with any questions.

Is a Nickle Allergy or hypersensitivity a contraindication?

Please discuss further with our Watchman Team to ensure this a safe option for you.

What is the expected follow up?

A few follow-up appointments will be necessary over the next few years to monitor your heart and device placement. **You will have a transesophageal echo (TEE) and visit around 45 days after the procedure**, and regular checkups at 6 months, 1 year and 2 years.