

Frequently Asked Questions about the Watchman™ Device:

What is the Watchman™ device implant?

The Watchman™ device is designed 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?

It 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. You will be on bedrest for about 4-6 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, running or lifting anything over 10 pounds for one week.

What kind of medications will I be on after my procedure?

For most, you will be on blood thinner & 81mg ASA, 6 weeks. Around 45 days, a special test, called TEE (trans-esophageal ultrasound) is completed. If there are no concerns with the Watchman device, you will be switched to Plavix & continue the 81mg Aspirin until the 6 month mark. At 6 months, Plavix will be stopped and Aspirin for life. Please do not stop any medications without talking to your Watchman Team first. All medications are subject to each patient, not everyone follows a specific plan.

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.

What is the expected follow up?

A few follow-up appointments will be necessary over the next year to monitor your heart and device placement. You will have a transesophageal echo (TEE) and office visit 45 days after the procedure, a regular echo and office visit 6 months after the procedure, and another transesophageal echo(TEE) with an office visit 1 year after the procedure.

What are the contraindications?

Known allergy to Nickel or hypersensitivity to any portion of the device. Placement of a specific type of septal closure device. Please discuss further with your Watchman Team.

Where can I find more information?

There is designated website for patients to visit: <http://www.watchman.com/home.html> .