

TAVR Discharge Instructions:

Daily Guidelines:

- Weigh yourself each morning at the same time after using the bathroom
- Record your weight. If you notice a gain of 3 pounds overnight or 5 pounds in a week, call your Cardiology team.
- Do not lift, push or pull anything heavier than a gallon of milk for 7 days
- Avoid sitting for long periods of time. Try to walk for 5 minutes every hour.

Things to Call your Cardiology Team About:

- Redness around the incision site
- New drainage
- Warmth or heat at the incision site
- Fever of 101 degrees Fahrenheit or greater
- Worsening bruising, pain or swelling at the incision site
- Changes in your sight
- Loss of sensation or movement of your arms or legs
- Symptoms associated with Heart Failure like:
 - 1) Shortness of breath
 - 2) Ankle and leg swelling
 - 3) Fatigue
 - 4) Weight gain of 3 pounds in a day or 5 pounds in a week

Recovering at Home:

- You may need someone to stay with you the first week home.
- Please let us know if you will need help at home.
- You may shower when you get home. Do not soak in a bath tub, hot tub or pool until your incisions are healed. Wash your incisions with mild, unscented soap and water. Pat dry, do not rub.
- Attempt light activities like working on the computer, playing cards or five-minute walks.
- When sitting or lying down, raise your legs with pillows higher than the level of your heart, when possible.
- Expect to have up and down days emotionally and physically for a while after your procedure.
- You may feel tired, have a loss of appetite and trouble sleeping after your procedure
- Each patient is different. Some notice that symptoms are better right away. Others gradually feel better over a few months and for some people it can be even longer

Protect Your Heart Valve:

- Promptly clean any open sores, cuts or burns. Apply an antibiotic ointment to prevent infection
- Please call your Cardiology team if you need any procedures or dental work completed
- We recommend you wait six months for dental work, extractions or teeth cleaning



- You may need antibiotics before surgical or dental procedures. This may be a requirement for the rest of your life.
- You should wait at least 30 days after your procedure to have a CT or MRI scan
- Make sure you have a card for Bacterial Endocarditis Prevention
- Keep a medical identification card with you to alert others to your valve

Questions: Call Structural Heart Coordinator-Jenny Socci, RCS at (208) 416.9153.

We also have a Team on over the weekend. 208.625.5250.