

LAAO Discharge Instructions







Recovering at home:

- Review medications and make sure you pick up any new prescriptions. If you need any refills, be sure to let our team know.
- Our office will call you within 48-hours of discharge to follow-up on your condition.
- Within the first week, attempt light activities like working on the computer, playing cards or five-minute walks.
- You may shower when you get home. Do not soak in a bathtub, hot tub, or pool until your incisions are healed. Wash your incisions with mild, unscented soap and water. Pat to dry, do not scrub.
- You may feel tired, have a loss of appetite and trouble sleeping after your procedure. Notify the team if these symptoms persist.
- When sitting or lying down, elevate your legs with pillows higher than the level of your heart, when possible.
- Do not lift, push, or pull anything heavier than eight-to-ten pounds (roughly a gallon of milk).
- You may gradually resume normal activities after 5-7 days. Pace yourself based on how you feel.
- You will need to continue taking a blood thinner or antiplatelet (as directed at discharge) to prevent any blood clots from forming on the device while it is healing. Over a 6-week period a thin layer of tissue forms over the device, creating a seal.

When to call your Structural Heart Team:

- Redness around the incision site, new drainage.
- Warmth or heat at the incision site.
- Fever of 101° Fahrenheit or greater.
- Worsening bruising, pain or swelling at the incision site.
- Changes in your eyesight.
- Loss of sensation or movement of your arms or legs.

How to Spot a Stroke **BE-FAST**

					
BALANCE Sudden trouble with balance or coordination.	EYES Sudden blurred or double vision or loss of vision in one or both eyes.	FACE DROOPING One side of the face "droops" or is numb. This can be easier to see when you ask the person to smile.	ARM WEAKNESS One arm is weak or numb. Ask the person to raise both arms then see if one arm drifts downward.	SPEECH DIFFICULTY Slurred speech, inability to speak, or if their words are hard to understand. Ask the person to repeat a simple sentence like, "The sky is blue."	THUNDERCLAP HEADACHE Worst Headache of the person's life, which can be accompanied by hypertension, nausea, vomiting, and photophobia.

Protect your LAEO device:

- Promptly clean any open sores, cuts or burns. Apply an antibiotic ointment to prevent infection.
- **For six months following the LAEO 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. It is best to be seen by your dentist for regular exams prior to your procedure.
- You should wait at least 30 days after your procedure to have a CT or MRI scan.
- Keep a medical identification card with you to alert others to your new device.