

## TAVR 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.
- 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.
- Expect to have up and down days emotionally and physically for a while after your procedure.
- Each patient is different. Some notice that symptoms are better right away while others gradually feel better over a few months and for some people it can be even longer.
- It is normal to have some bruising or purplish decolorization at the access site. This may spread and change color as it heals.

### Daily guidelines:

- Expect to have a bowel plan to avoid bearing down, obtain stool softeners and/or laxatives to reduce effort.
- Weigh yourself each morning at the same time after using the bathroom.
- Record your weight on your worksheet, along with your blood pressure. If you notice a gain of two to three pounds overnight, or five pounds in a week, call your Structural Heart Team.
- Do not lift, push, or pull anything heavier than eight-to-ten pounds (roughly a gallon of milk).
- Avoid sitting for long periods of time, try to walk for five minutes every hour. Daily exercise is important for your healing. Regular exercise helps strengthen your heart muscle.

### 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. If you have a growing lump at the access site, please apply direct pressure for 10 minutes and have someone call our office.
- Changes in your eyesight.
- Loss of sensation or movement of your arms or legs.
- Symptoms associated with Heart Failure like:
  - 1) Shortness of breath, fatigue
  - 2) Ankle and leg swelling (weight gain)
- If you have chest pain or shortness of breath that is not resolved with rest or nitroglycerin (if prescribed), if emergent, call 9-1-1.

### Protect Your Heart Valve:

- Promptly clean any open sores, cuts or burns. Apply an antibiotic ointment to prevent infection.
- Please call your Structural Heart team if you need any procedures or dental work completed.  
**We recommend you wait six months for dental work, extractions, or teeth cleaning.** You will need antibiotics before surgical or dental procedures. This will 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.
- Once you have completed your one-month appointment, you'll be cleared for long-distance travel and flying.
- Make sure you have a card for Bacterial Endocarditis Prevention.
- Keep a medical identification card with you to alert others to your valve.