



DOING WHAT'S BEST.®



TAVR PATIENT BOOKLET

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Yellow Zone Means:

 Your symptoms indicate that you may need an adjustment in your medication

Increased shortness of breath with activity

■ Increased swelling of ankles or feet

Yellow Zone = "Caution"

Fever of 100.5° F (oral) or 99.5° F (under

your arm)

Yellow Zone

Weight loss or gain of 3 pounds

Call your Homecare Nurse and/or Primary Physician: your physician:

Physician Phone Number:

Increased number of pillows needed to sleep

Anything else unusual that bothers you

or need to sleep in a chair

Note: Please notify your Homecare Nurse if you contact or go see your physician.

Red Zone Means:
■ This indicates that you need to be evaluated by a physician right

Unrelieved shortness of breath Unrelieved chest pain Wheezing or chest tightness

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Red Zone = "Medical Alert"

away Call your physician or call 9-1-1 Primary Physician:

Increased irregular heart beat
 Change in color of your skin, nail beds or lips to gray or blue

Red Zone

Physician Phone Number:

Agency Phone Number:

In An Emergency Situation Call 9-1-1

Dizziness or sweating when you breathe or

cough

Chest pain or pain that worsens

Mental changes

П Note: Please notify your Homecare Nurse if you go to the emergency room or are hospitalized

HEART FAILURE ZONE

HEART FAILURE ZONE

Every Day:

Weigh yourself in the morning before breakfast, write it down and compare to yesterday's weight.

Take your medicine as prescribed.

Check for swelling in your feet, ankles, legs, and stomach.

Eat low-salt food.

Balance activity and rest periods.

Complete home exercise program.

Which Heart Failure Zone are you today? GREEN, Y크내OW or RED?

Green Zone = "All Clear"

No cough, chest tightness or shortness of breath during the day or night

No decrease in your ability to maintain normal activity

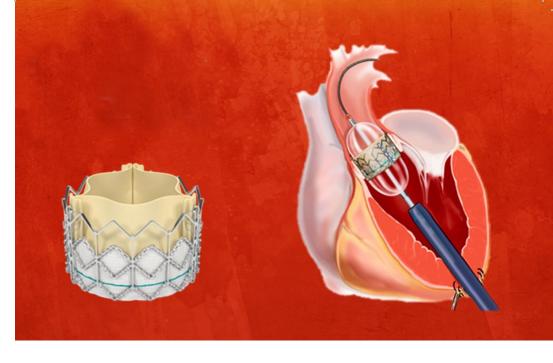
Green

Green Zone Means:

Continue taking your medications Your symptoms are under control

Follow a low-salt diet

Keep all physician appointments Continue your exercise plan



COMMON PHONE NUMBERS:

TAVR Clinic: (810) 342-2590

TAVR After Hours Number: (313) 662-3407

Cardiac Rehab: (810) 342-2085

Emergencies: 911

Everyday

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TAVR (TRANSTHORACIC AORTIC VALVE REPLACEMENT)

Congratulations on your recent aortic valve replacement! Below, you'll find important information relating to the care and lifestyle modifications required to be successful, post operatively. Please familiarize yourself with all highlighted subjects. Once cleared by your Doctor, you have a greater opportunity to be more physically active as a result of your new valve. Take advantage of this and become more physically active! By being more active, you'll feel better and relieve the stress on your heart

Even though your valve has been changed, it may take time to see the full benefits of the procedure. It takes time to reverse the damage or adverse effects of your previously diseased valve.

APPOINTMENTS:

- Nurse Practitioner in 30 days
- Cardiologist in 1 to 2 weeks
- Family Physician in 4 weeks
- Routine Echo for Valve Check
- 1 to 2 additional follow up visits in the Valve Clinic (they will contact you)

MEDICATIONS

Before going home the nurse will go over the list of medications that were prescribed. Take all medications as prescribed. **DO NOT stop taking your medication.**

- Call the Doctor in a timely manner if you need refills.
- If you are being scheduled for another procedure at any time, consult your Cardiologist before stopping any medication.
- It is important to keep an updated medication list with you at all times for your doctors to make copies. A family member should have a list, also, in case an emergency occurs.

Antiplatelet Medication

A blood thinner will be prescribed after your valve replacement. This medication thins the blood to allow for proper functioning of your new valve. Upon discharge from the hospital, be sure to identify the name of this medication and continue taking according to instructions. These antiplatelet meds help prevent you from developing a blood clot. Contact your Cardiologist before stopping this medication for any reason.

Pain Control

If a prescription was given for a pain reliever, please follow your doctor's directions. Call your doctor if the pain is not relieved by your medicine, becomes worse, or you have difficulty breathing.

Antibiotics

A prescription may be given to you at discharge. Be sure to complete the full bottle of antibiotics to help prevent infection.



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- Nutrition Follow these recommended changes to you diet:
 - Low sodium diet
 - Balanced diet with variety of fruits/vegetables
 - Heart healthy foods
- Pacemaker There is a small chance of needing a pacemaker implant after the TAVR procedure. Refer to your discharge instructions on a pacemaker.
- You may have a temporary pacemaker inserted during the procedure. If this occurs, you'll have a small incision under your neck/collarbone/groin area. This incision will heal on it's own.

EMERGENCY SYMPTOMS

Contact your doctor immediately or call 911 if you're experiencing the following:

- Dizziness or passing out
- Slow heart rate, lightheaded or extreme fatigue
- Heart palpitations
- Symptoms of a heart attack which include: chest pain/ heaviness/pressure, numbness down arm, sweating with chest pain, nausea and/or vomiting with chest pain, jaw pain, upper back pain
- Stroke symptoms: F.A.S.T.
 - Facial Drooping Ask the person to smile, does one side of the mouth droop?
 - Arms Ask the person

- to raise both straight out, does one arm fall downward?
- Speech Ask the person to repeat a simple phrase, is there speech slurred?
- Time If you notice any new onset of these symptoms call 911 immediately.
- Peripheral Vascular Disease (PVD) – Watch for poor circulation in your lower extremities. The symptoms include:
 - Discoloration to the legs or toes
 - Blisters on legs or toes
 - Coldness of the feet
 - Numbness and tingling of the legs and feet
 - Pain

Please see **Heart Failure Zone**"stop light page" on pages 10 and
11 for details and symptoms.

Inform your dentist, gastroenterologist, urologist, etc. that you've had an aortic valve replacement. You may need to be pre-medicated with an antibiotic prior to any procedure or surgery.

SITE CARE

You will have small incisions (approx. 1/4 in) in both groins from the catheters that were used during the procedure. The incisions will heal on its own and there are no stitches to remove

- The incision can be left uncovered, opened to air, after 2 days.
- Shower and wash your groin area, including the incisions, with soap and water - pat dry. No tub bathing, immersing in water or whirlpool until the incisions are completely healed. DO NOT apply any lotions, creams, salves, powders, antibiotic creams, etc. to your incision.
- It is normal to experience minor bruising that may spread to the surrounding area. Your groin area may be sore and tender to touch.
 - Before leaving the hospital, be familiar with how your groin area looks and feels this is "your new normal"
- When coughing or sneezing, apply pressure to your groin area to support your incisions.
- If swelling develops or your

groin site becomes different than it was at discharge, call your cardiologist

 If there is a large amount of rapid swelling, apply pressure and call 911. Do NOT drive yourself to the hospital!

Check any incisions you have daily.

Contact your doctor if you notice the following:

- Redness
- Incisions that are hot to the touch or swollen.
- Pus or oozing from the incision.
- Fever over 101 degrees for more than 24 hours.

RESTRICTIONS

For approximately 2 weeks after your procedure:

- Do not lift, push or pull anything over 5 to 10 lbs. (for example: 1 gallon of milk = approximately 8 lbs.) If your procedure has a sternal incision, lifting restrictions are for 8 weeks. If your procedure is through the chest wall, lifting restrictions are for 6 weeks.
- Take frequent rest periods throughout the day, but balance this with walking at least 3 to 5 small walks each day.
- Chores: limit to light activity for 2 weeks (for example: dusting, dish washing, folding laundry, and light cooking).
- No driving for at least 4 weeks.

 No yard work, gardening, or raking for at least 2-12 weeks (depending on type of procedure).

EXERCISE/ACTIVITY

Daily activity and mild exercise are a very important part of the recovery process. Walking is one of the best choices you can do after surgery to help yourself recover. It helps prevent blood clots and pneumonia. Gradually, you'll add activities and intensity over the next month. Everyone recovers at a different pace depending on their overall health and type of procedure. Follow all instructions for climbing stairs, lifting things, and resting. It may take several weeks to months before you get back to all of your regular activities, depending on your overall health and heart health.

- Cardiac Rehab is a medically supervised exercise program that is recommended to begin 2 to 4 weeks after your procedure. This program will help you to:
 - Rebuild your strength and stamina.
 - Regain confidence to begin your activities/chores again.
 - Emotional support from other patients who have had similar procedures.
 - Help you to understand and learn about a heart healthy lifestyle.
 - McLaren Flint Cardiac
 Rehab is located in the

- hospital on 1N. To contact them, please call (810) 342-2085.
- Deep Breathing Continue to use the incentive spirometer that was given to you at the hospital. Take 10 deep breaths every hour that you are awake. By using the breathing machine regularly, this will help prevent against pneumonia, congestive heart failure, and blood clots.

SPECIAL CONSIDERATIONS

- at home, it is important to keep a record of your daily blood pressures and pulse. We recommend you purchase a machine from either your pharmacy or Home Health Supply Company to help with this monitoring. Compare your current vital signs to your "normal vitals" when you left the hospital.
 - While resting, check your blood pressure and pulse
 1 to 2 times a day. Keep a log of these values for your physician to check.
 - If you notice your heart beat feels faster or slower, along with palpitations, dizziness, chest pain/pressure or shortness of breath call your physician, immediately:
- Weighing Self Weigh yourself each morning after using the bathroom. Report

- a weight gain of 5 lbs. in one day or approx. 8 lbs. in one week to your Doctor, especially if you are having these other symptoms:
- Hard to breathe when laying down.
- Excessive cough when laying down.

- Swelling in feet, hands, abdomen or ankles
- Shortness of breath

These can be a sign that you are retaining fluid which can increase the demand on your heart. There is a chart in this book you can use to monitor your weight gain.

DAILY WEIGHT CHART

Keep this by your weight scale.

DATE	WEIGHT	AMOUNT OF WEIGHT CHANGE	SWELLING IN FEET/ANKLES			Did you take your Medication today?	
			New	Same	Increased	Yes	No
			New	Same	Increased	Yes	No
			New	Same	Increased	Yes	No
			New	Same	Increased	Yes	No
			New	Same	Increased	Yes	No
			New	Same	Increased	Yes	No
			New	Same	Increased	Yes	No
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