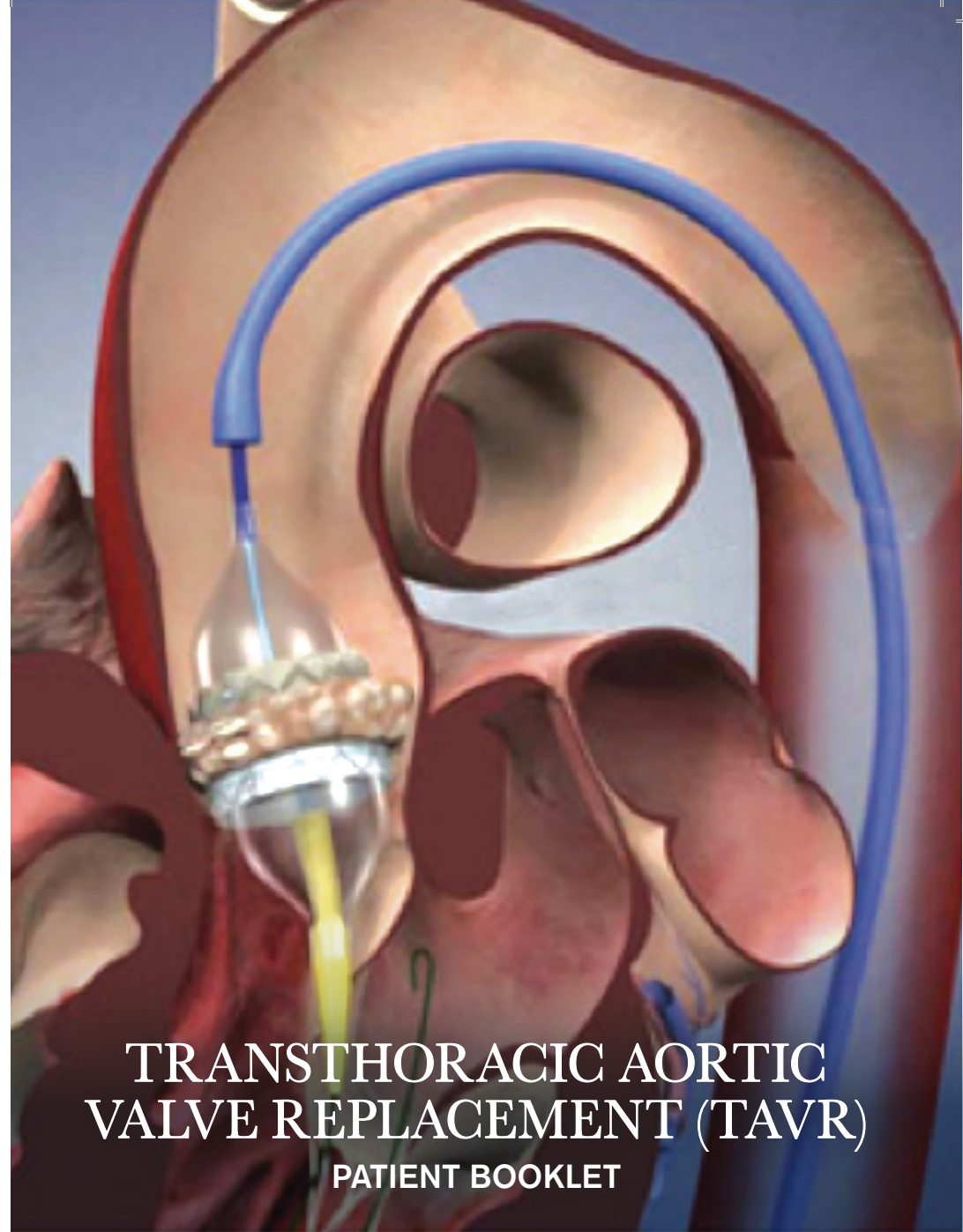




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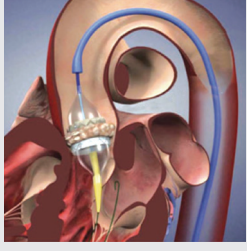
TRANSTHORACIC AORTIC VALVE REPLACEMENT (TAVR)

PATIENT BOOKLET



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TAVR PATIENT BOOKLET

TABLE OF CONTENTS

Appointments.....	4
Medications.....	4
Groin Site Care.....	5
Restrictions.....	5
Exercise/Activity.....	6
Special Considerations.....	6
Emergency Symptoms.....	8

Yellow Zone

Yellow Zone = “Caution”

- Increased swelling of ankles or feet
- Increased shortness of breath with activity
- Weight loss or gain of 3 pounds
- Fever of 100.5° F (oral) or 99.5° F (under your arm)
- Increased number of pillows needed to sleep or need to sleep in a chair
- Anything else unusual that bothers you

Yellow Zone Means:

- Your symptoms indicate that you may need an adjustment in your medication
- Call your Homecare Nurse and/or your physician;
Primary Physician:

Physician Phone Number:

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

Red Zone

Red Zone = “Medical Alert”

- Unrelieved shortness of breath
- Unrelieved chest pain
- Wheezing or chest tightness
- Increased irregular heart beat
- Change in color of your skin, nail beds or lips to gray or blue
- Mental changes
- Chest pain or pain that worsens
- Dizziness or sweating when you breathe or cough

In An Emergency Situation Call 9-1-1

Red Zone Means:

- This indicates that you need to be evaluated by a physician right away
- Call your physician or call 9-1-1
Primary Physician:

Physician Phone Number:

Agency Phone Number:

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

HEART FAILURE ZONE

HEART FAILURE ZONE

Everyday

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**, **YELLOW** or **RED**?

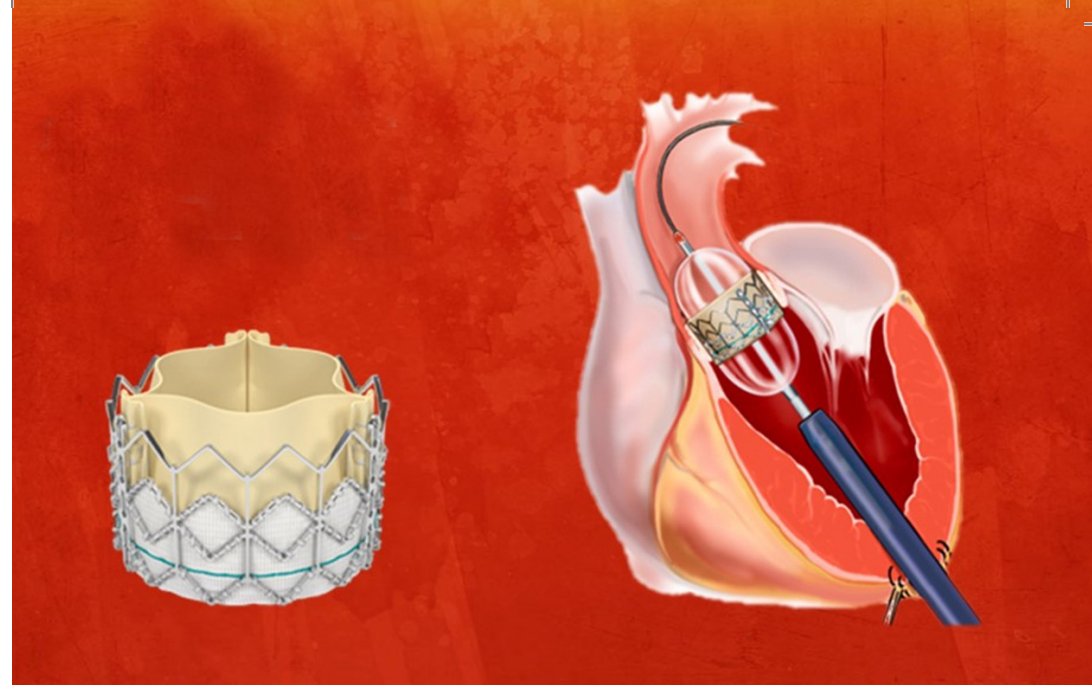
Green Zone

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 Zone Means:

- Your symptoms are under control
- Continue taking your medications as ordered
- Follow a low-salt diet
- Continue your exercise plan
- Keep all physician appointments



COMMON PHONE NUMBERS:

TAVR Clinic: (810) 342-2590

TAVR After Hours Number: (313) 662-3407

Cardiac Rehab: (810) 342-2085

Emergencies: 911

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.



- **Nutrition** - Follow these recommended changes to your 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 its 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.

