

Going home after transcatheter aortic valve implantation (TAVI)





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This leaflet aims to answer your questions about recovering after a transcatheter aortic valve implantation (TAVI), and getting back to your normal activities once home. It does not replace personal advice from a healthcare professional. If you have any questions, please ask your doctor or nurse.

Going home after trans-catheter aortic valve implantation (TAVI)

Whilst it is difficult to predict for how long you will be in hospital, the majority of patients who have undergone a TAVI go home within two days of the procedure. This will depend on your general health and the results of the procedure.

When you leave hospital, you will be given an ID Card with the name and type of valve you have had. This is needed to ensure the safety of future MRI scans should you need to undergo any.

Caring for the incision site

You will have a small wound and bruising at the site where the catheters were inserted, this is most commonly in the groin. It is usual for there to be some discomfort at the wound site and you may notice that the area is slightly red, tender and swollen. You may also notice that the area is a bit lumpy or bumpy.


Once at home you can shower and pat the insertion site dry with a clean towel. We recommend you avoid applying soap, creams or talcum powder directly onto your wound until it has healed.

After leaving hospital

Some people have reported the following symptoms following a TAVI procedure. The symptoms usually disappear after the first few days or weeks following the procedure.

For all TAVI procedures:

- **blurred vision/dots in front of the eyes:** This can be due to the contrast media used by the doctor during the procedure but should resolve shortly after the procedure. If it does not, please contact the TAVI nurse.
- **constipation:** This can occur as a result of inactivity or if you



have had to take strong painkillers after the procedure. You can ask us for a laxative to help this. Please tell the ward nurse if your bowels have not opened before you go home.

- **loss of concentration/memory problems:** Many people find they are unable to concentrate on things like reading a book or newspaper. Be patient with yourself – as you recover your concentration levels will return to normal.

If you have had a general anaesthetic (a breathing tube down your throat) you may experience:

- **altered sense of smell/strange taste in the mouth:** This is caused by the anaesthetic and it is common for people to lose their appetite. Try to have small meals little and often.
- **nightmares/hallucinations or difficulty sleeping:** Sleep disturbance is common following any operation and will usually settle once you are at home and get back into your normal routine.
- **voice sounds different or hoarse:** This occurs as a result of the breathing tube we put in your throat during the operation. This will improve over time.

Call the TAVI nurse on the number at the back of this leaflet if you notice:

- a lump that is increasing in size at the site of the wound
- any increase in pain, swelling, redness and/or discharge from the site
- a raised temperature or fever
- worsening breathlessness or chest pains
- fainting or dizziness
- ankle and leg swelling in one or both legs.

If your groin starts to bleed you should apply pressure to the area, keeping your leg as straight as possible (lying down if you can) and call for help.

- If the bleeding does not stop after 10 minutes, dial 999. Do not drive yourself to A&E.
- If the bleeding stops within 10 minutes, keep your leg as still as possible for the following hour. If bleeding re-starts, go to your A&E department. Do not drive yourself to A&E.


If you feel unwell after your TAVI and think that you need treatment urgently, go to the nearest A&E department. Please inform the medical team treating you of your recent TAVI at Royal Brompton or Harefield hospitals. Please note that Royal Brompton and Harefield hospitals do not have A&E departments.

Medications

The majority of your medications will stay the same following your TAVI. You will need to take blood thinning tablets following the procedure to make the blood less sticky and prevent the formation of clots on the new valve. The nursing staff will explain to you how to take each medication before going home. Your new prescription will be written on the discharge summary, a copy of this will be given to you and one will be sent to your GP.

Exercise

Walking is the best form of exercise following your TAVI procedure and is essential for your full recovery. Once you are home you can gradually increase the amount you walk from walking around the home to taking short walks outside. In time you should notice that you are able to walk further than you did before your TAVI without symptoms. Once you are walking comfortably, you can carry out light activities around the home. You may find that the amount you can do may vary



from day to day. Avoid lifting anything heavy in the first few weeks following your procedure to avoid putting unnecessary strain on the wound.

Driving

The DVLA states that **you must not drive for four weeks** after your procedure. You do not need to inform the DVLA about the procedure (unless you hold a HGV/bus licence). However, we recommend that you inform your insurance company.

Travelling

We do not recommend flying for

- one week after transfemoral TAVI
- two weeks after subclavian, transapical, transcaval direct aortic or transcarotid TAVI.

The replacement valve will not be detected by airport scanners.

Dental work

Bacteria in your mouth can enter your blood stream through your gums and infect the heart tissue and valves (endocarditis). It is recommended that you:

- pay careful attention to keeping your teeth and gums as healthy as possible with regular brushing and flossing
- visit your dentist once a year
- tell your dentist that you have had a TAVI.

You will require antibiotics before any dental work, including cleaning.

Magnetic resonance imaging (MRI) scans

If you need any further MRI scans in the future you must inform the scanning department that you have had a TAVI and present the ID card you received from the hospital where your TAVI was performed. You are advised to have this card on you at all times.

This card will contain your ID number, the hospital where you had your TAVI performed and contact numbers. Most importantly, the card will contain technical information about your valve, which is essential to ensure the safety of your scan.

We would advise that no MRI scan is carried out for the first six weeks after the procedure unless recommended by your cardiologist.

Follow-up

You will have a follow-up appointment booked for you after your procedure. At this appointment you may have a scan of your chest, known as a trans-thoracic echocardiogram.

Useful contacts

Harefield Hospital

TAVI clinical nurse specialist

01895 823 737 extension **85023**

Royal Brompton Hospital

TAVI clinical nurse specialist

020 7351 8110

If you have any concerns about any aspect of the service you have received in hospital and feel unable to talk to those people responsible for your care, call Patient Advice and Liaison Service (PALS):

- Royal Brompton Hospital – 020 7349 7715
- Harefield Hospital – 01895 826 572

Alternatively email pals@rbht.nhs.uk. This is a confidential service.

Royal Brompton Hospital
Sydney Street
London
SW3 6NP
Tel: 0330 12 88121

Harefield Hospital
Hill End Road
Harefield
Middlesex
UB9 6JH
Tel: 0330 12 88121

Website: www.rbht.nhs.uk

Royal Brompton and Harefield hospitals are part of Guy's and St Thomas' NHS Foundation Trust

إذا كنت ترغب في الحصول على ترجمة فورية لمضمون هذه الوثيقة إلى اللغة العربية، يرجى منك الاتصال بأحد مستخدمينا بجناح المصلحة التي يتم فيها استشفائك. أحد موظفينا سيسعى لترتيب إجراءات الترجمة وإتمامها في الوقت المناسب لك.

Brosurteki bilginin Türkçe tercumesi için tedavi görüyor olduğunuz bölüme bas vurunuz. Bölüm personeli tercümenin gerçekleşmesini en kısa zamanda ayarlayacaktır.

