

## Patient Advice and Liaison Service (PALS)

Please contact us if you need general information or advice about Trust services:

[www.bartshealth.nhs.uk/pals](http://www.bartshealth.nhs.uk/pals)

### Large print and other languages

This information can be made available in alternative formats, such as easy read or large print, and may be available in alternative languages, upon request. For more information, speak to your clinical team.

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سڌڪ ٿي جاڪي ڊسٽريٽياب ميڻ فارم ڀڻس متبادل معلومات ڀر پرنٽ يا آسان ميڻ پڙهڻي ڪم ڇهيسا ڀين، اور درخواست ڀر متبادل زبانوں ميڻ بهي دستياب هو سڪتي ڀين۔ مزيد معلومات ڪي ليهي، اپني ڪلينيڪل ٽيم سي بات ڪريين۔

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Patient information

## Going Home after Your Trans-catheter Aortic Valve Implantation (TAVI)



## When can I leave hospital?

-Normally, you can expect to be in hospital for approximately two nights. Before you go home, the TAVI team will check your wound and the Pharmacist will ensure that you have enough supply of your regular medications.

You will need to be accompanied by a relative or friend on your journey home. If you need to use our patient transport service, please advise us at the earliest opportunity of your need.

## Will I need to do or avoid any specific exercises?

-For the first week, please refrain from any strenuous activity such as: Carrying heavy shopping gardening or strenuous exercise such as jogging, swimming, dancing and cycling.

Walking is the best form of exercise you can take following a TAVI. You may find that the amount you can manage varies from day to day.

## When can I return to normal activities?

-Everyone is different so recovery times do vary. As soon as you are walking comfortably around the home, you can carry out light housework and gradually build up your strength.

## How should I care for my wound?

-It is normal for your groin to be tender for a few days after the TAVI. It is also normal for

a bruise to develop. You can shower when you get home but please avoid rubbing the wound site, putting creams, powder or soap for one week. Please do not have a bath for one week.

We may use stiches to close the top of the groin wound. These help to keep the incision site together and are dissolvable. It can take a few weeks for the stitches to dissolve. If you have any concerns about the suture, please consult your GP. If we use any other type of suture, which needs to be removed, we will notify you and your GP and we will specify when it should be removed.

You may be discharged home with dressings (plasters) on your groins. After a few days you can take the dressings off and leave the wound open to the air.

If you notice any signs of infection such as: pain, redness, swelling, oozing from the site, fever, loss of sensation in the foot/leg please contact your GP for advice.

## Will I have a follow-up appointment?

-You will have a follow-up appointment approximately eight weeks after your procedure. We may carry out an echocardiogram (an ultrasound of the heart) to check the function of the new valve and your heart.

We usually will refer you back to your local cardiologist for further follow up appointments.

## What medication will I need to take?

-You will need to take a medication to prevent blood clots forming on the valve. We will inform your GP about the duration, which is usually for

life. We may change any other medication as necessary.

## Driving after your procedure

-The DVLA advises that you do not drive for **four weeks** after your procedure. You do not need to inform the DVLA about your procedure. You may wish to disclose this to your insurance provider.

If you hold a commercial license, you will need to inform the DVLA who will advise you further.

## Flying after your procedure

-You can fly a week after your procedure but you may wish to wait until after your first follow up appointment.

## What should I do if I have a problem at home?

-We recommend that there is someone with you in the first 24 hours after the discharge.

**If your groin starts to bleed, apply firm pressure with your fingers above the bleeding point, and call for help by dialing 999. Do not drive yourself to the GP or A&E.**

**If you have any concerns, please contact the TAVI Clinical Nurse Specialists on 0203 765 8627 between 8am and 4pm, Monday to Friday.**