



**University
Hospitals Sussex**
NHS Foundation Trust

Discharge advice for patients following Transcatheter Aortic Valve Implantation (TAVI)

Cardiology

Patient information

Why have I been given this information?

You have had a Transcatheter Aortic Valve Implantation, or TAVI. You may have stayed in hospital for this, or you may be going home on the same day.

This information tells you what you need to do to look after yourself once you are at home. It also lists important symptoms to be aware of in case you need to seek help.

Keep this information in a safe place so you can refer to it when you need to. You can also share it with the person living with you or looking after you.

Recovery after TAVI video

You may find this video useful when you are recovering from your TAVI.

To view the video, please go to: **Recovery After TAVI**
www.explainmyprocedure.com/uhscardiology/procedure
or scan this QR code:



To scan this code on most phones or tablets, open the camera app, select the rear facing camera, hold the device so that the QR code appears in the viewfinder and tap the notification to open the associated link.

Password: uhs1410

How should I care for myself at home?

Do

- ✓ **Do** cover the site with a plaster or a dressing given to you by the ward nurses until the skin heals. This is for a minimum of 48 hours.
- ✓ **Do** observe the area for signs of infection. This may appear as a hard, tender swelling around the wound with redness and pain. Please contact us if this occurs (see details below).
- ✓ **Do** contact us if a lump develops under the skin around the area of the incision that is larger than a pea.
- ✓ **Do** call 111 if you feel lightheaded, dizzy or unwell. You may need medical attention.

Call an ambulance by dialling 999 immediately if you show symptoms of a stroke such as slurred speech, face drooping, visual disturbances (changes in your eyesight), your body is weak, or you collapse.

Do not

- ✗ **Do not** lift any heavy objects or do anything that exerts pressure on your tummy muscles for at least one week, for example vacuum cleaning, gardening or carrying bags of shopping.
- ✗ **Do not** drive for 2 weeks following your TAVI. You do not need to let the DVLA know unless you hold a commercial license.
- ✗ **Do not** shower for 24 hours or have a bath for 72 hours (hot water encourages bleeding).

Will my wound hurt?

It is normal for your groin to feel tender for a few days after your procedure.

A bruise may develop and extend as far down as your knee. It can be blue or purple in colour. This is not a cause for concern.

You may also feel a pea-sized lump in your groin. This is completely normal. It is the internal stitch used to close the artery puncture site. During your TAVI, a small incision was made in the artery going to the leg, which we have sealed with an internal stitch that will stay in forever and should be unnoticed.

What should I do if my wound starts to bleed?

Lie down flat immediately and get a family member or friend to apply pressure on and above the bleeding area.

The pressure should be applied for 15 minutes continuously (without peeping at the wound). This is the time a blood clot will take to form. If you release the pressure before 15 minutes the clot is unlikely to form.

If the bleeding does not stop after ten minutes, call an ambulance, dialling 999, immediately.

What will happen after I leave hospital?

Feel free to chat to the ward nurse or Nurse Specialist before discharge about any concerns you may have. If you have any concerns about your groin site or concerns about your cardiac procedure during your first week at home, please call the Cardiac Care Unit.

Will someone contact me if I go home on the same day as my TAVI procedure?

Yes. The Nurse Specialist will call you the day after your procedure to check on you.

When will I have a follow-up appointment?

You will be sent an outpatients' telephone appointment for eight to twelve weeks after your TAVI for follow up with one of the structural heart team.

Who can I contact for further information and advice?

Structural Heart Nurse Specialist

07769 286982

(Monday - Friday, 9am-5pm)

Cardiac Research Team (for patients in a clinical trial)

01273 696955 Ext. 64049

(Mon- Fri, 9am-5pm)

Cardiac Care Unit

01273 696955 Ext. 64484

(can call anytime)

For more general concerns, please speak to your GP.

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That's why UHSx is proud to be a research-active Trust.**

Find out how you can get involved. Visit our website
[www.uhsussex.nhs.uk/research-and-innovation/
information-for-patients-and-public](http://www.uhsussex.nhs.uk/research-and-innovation/information-for-patients-and-public)
or scan the QR code



**This leaflet is intended for patients receiving care
in Brighton & Hove or Haywards Heath**

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