

## Cardiology

# Discharge Advice Following Transcatheter Aortic Valve Implantation (TAVI)

## Recovery at home

The following advice is general guidance only as everyone's recovery is slightly different.

It is advisable that you have someone to care for you for the first few days after discharge; this will be dependent on your recovery on the ward post procedure and your discharging nurse will discuss this with you.

## Activity

- You should avoid strenuous activity for **four weeks**; this includes heavy lifting (such as shopping, suitcases) or pushing and pulling (such as cutting grass, vacuum cleaning).
- You may feel a little 'washed out' and tired and need to rest in the afternoon. However it is important for your recovery to have a short walk every day. This can be gradually increased.
- You do not have to avoid climbing stairs or walking up inclines but you may have to start off at a slower pace. You may feel slightly out of breath on walking, which should improve as your fitness level increases.
- There can be some fluid retention as a result of the procedure; you may notice some swelling of your ankles. If this swelling travels further than your ankles please get reviewed by your GP.



### Wounds

- Your wounds should be healed by the time you leave hospital. If they still require a dressing we will organise a district or GP practice nurse to continue this if necessary.
- If your wound becomes red or inflamed please get your GP or practice nurse to check it.
- You may have bruising to your groin(s) which is not uncommon and may take several weeks to resolve.
- You may have a hard lump under the skin due to a collection of blood (haematoma). Please consult your GP if this becomes painful or grows bigger.
- Please continue to shower every day, using liquid soap. It is safe to get your wound wet, but avoid placing soap directly onto your wound or rubbing your wound before it has healed completely. It is important to keep this area dry between showers.
- **Please ensure you are given your wound closure information card/s before you are discharged.**

### Medication

- As well as your normal medicines, you will usually be discharged with an additional blood thinning medicine, either Clopidogrel or Aspirin. This will be required for life long. If you had stents (PCI) you will be required to take Aspirin and Clopidogrel for 12 months or if you were on both Aspirin and Clopidogrel before the TAVI procedure then this will likely remain the same.
- People on Warfarin or a NOAC will remain on what they were previously taking before the TAVI procedure.
- You may be discharged with some painkillers which we would recommend you to take regularly until you are no longer getting discomfort from your wound(s)

### Driving

You are not allowed by the DVLA to drive for **four weeks** after your procedure.

## Patient Information

You will need to inform your insurance company and the DVLA (Driving and Vehicle Licensing Agency) that you have had your aortic valve replaced.

If you have a LGV or PCV licence you will need to undergo an exercise test before getting your licence back.

## Air travel

Please check this with your consultant or nurse but in most cases you can travel by plane seven days after your TAVI. The valve will not set off metal detectors at airports

## Work

If you were working before your procedure, there is no reason why you cannot return to this after a period of recovery of up to six weeks.

## Follow-up care

On discharge you will be given a letter for your GP explaining what you have had done and a list of your medications.

**Please make an appointment with your GP within three weeks of discharge and organise a repeat prescription.**

If you have any concerns you can call:

**Coronary Care** 024 7696 5656

**TAVI Coordinator** 02476964978 or 02476964000 bl:5410

The Trust has access to interpreting and translation services. If you need this information in another language or format please ask and we will do our best to meet your needs.

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### Document History

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