

Driving

Please arrange for someone to drive you home. The DVLA rules say that you should not drive for at least 4 weeks after your procedure. You do not need to inform the DVLA about your procedure, but you may need to tell your vehicle insurance company that you have had a new medical procedure and should check their rules about whether you need to do this.

Washing

When at home, it is important to keep your wound areas clean and dry. Shower every day using a liquid soap. Do not have a bath, rub your wound, or put creams, talcum powder or soap directly onto the wound site. Following this advice will help to avoid irritation and reduce the risk of infection.

Recovery

Everyone's recovery is slightly different. You may feel 'washed out' and tired for the first few weeks and need to rest frequently. However, walking is important for your recovery; you should start with frequent short walks and gradually increase to longer walks. Start with light tasks around the house but avoid strenuous activity for a few weeks. This includes heavy lifting (eg shopping, suitcases) or pushing and pulling (eg cutting grass, vacuum cleaning).

Healing

It is normal for your groin to feel sore for a few days (if a groin approach was used during the procedure). It is also normal for a bruise to develop, but this should not increase significantly in size. A bruise can take several weeks to resolve.

If you notice any of the following symptoms, please contact your GP or call 111. If you are feeling very unwell, call 999 and attend your local hospital's emergency department.

- Chest pain
- Dizziness or blackout
- Increasing breathlessness
- Increased swelling in your ankles

- A hard tender lump under the skin around the wound (although a pea sized lump is normal).
- A pale, cold hand or foot
- Any signs of infection (a red or inflamed wound, high temperature)

Follow up care

A heart scan (called an echocardiogram) will be done about 6 weeks after your TAVI procedure to check how well your valve is working. You will also get a follow up appointment with a member of the TAVI team.

Wythenshawe Hospital visiting times

Ward F5: 11am- 8pm
(protected mealtimes 12pm-1pm and 5pm-6pm)
Ward F6: 1-3pm and 6-8pm

Contact details

Ward F5: 0161 291 5302
Ward F6: 0161 291 2566

Specialist Nurses:

0161 291 2749 (Wythenshawe Team)
0161 276 5042 (Manchester Royal Infirmary Team)
0161 291 2679 (Cardiac Rehabilitation)

Use this space to write down useful telephone numbers:

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Any questions or comments?

If you have any comments about this leaflet (good or bad), then please contact office@nwhearts.org.

NW Hearts Charity always welcomes feedback about how we are doing and how we might improve. Unfortunately, NW Hearts Charity can't answer questions about your own health situation.

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Disclaimer: NW Hearts Charity hopes that anyone reading this information finds it helpful. However, this is general information and does not replace medical advice, diagnosis or treatment. Please speak to your healthcare professional if you have any questions about your health. So far as is permitted by law, NW Hearts Charity does not accept liability in relation to the use of any information published by us.



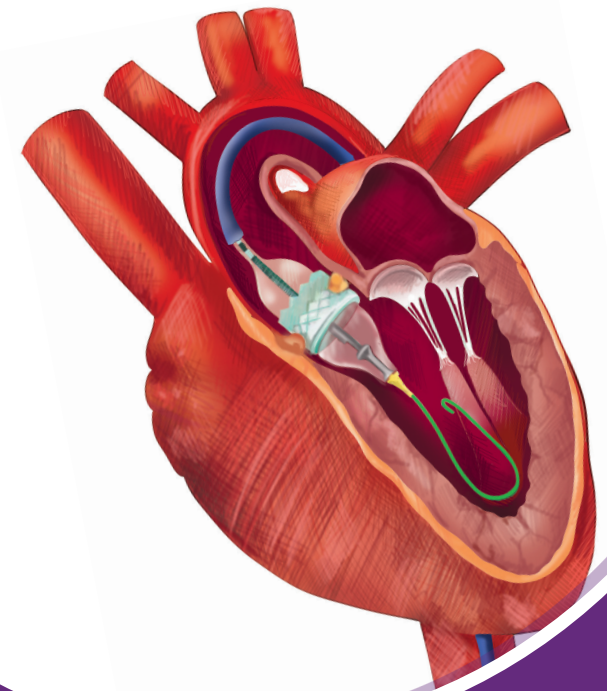
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TAVI

YOUR HOSPITAL STAY

Patient information leaflet



NW Hearts Charity

Your heart · Your charity

This leaflet is to describe your stay in hospital for a TAVI procedure, how to prepare for it and what to expect afterwards. If you'd like more details on the TAVI assessment process and why your healthcare team has recommended this procedure, you can find them in our separate TAVI leaflet.

Before coming into hospital

A nurse from the Structural Heart Team will telephone you to tell you the date you will be admitted to hospital. During this phone call, the nurse will give you the following information:

Date to come into hospital:

.....

Date of procedure:

.....

Ward you will be admitted to:

.....

Any alterations to your regular medication:

.....

.....

(We have provided space here for you to make a note of the details when you have them).

If you normally take blood thinning medication, the nurse will tell you when to stop taking this before your procedure. You will usually be admitted to hospital the afternoon before your procedure date.

If you feel unwell before admission, please telephone the Specialist Nurse Team for advice. The telephone numbers are at the end of this leaflet.

What to bring into hospital with you

You may want to pack a dressing gown, nightwear, comfortable, well-fitting slippers and something to read.

If you use a walking aid, please bring this with you if you feel that you might need it.

Please bring all your medicines with you - even medicines that you don't normally take. If possible, your medicines should be in their original packaging. Please also bring a list of your medication, including how much you normally take. This should include any tablets bought at a chemist, vitamins or herbal supplements you use.

Some medication may affect your procedure. Your doctor may tell you to briefly stop taking some medication before and after your procedure.



What happens during the TAVI procedure?

Your TAVI procedure will take place in a specialised operating theatre called a Cardiac Catheterisation Laboratory (or 'Cath lab' for short'). The TAVI team is made up of different specialists including doctors, nurses, cardiac physiologists and radiographers. This team will work together to make sure you receive the best care possible.

Please make sure that you have nothing to eat or drink for at least 6 hours before your procedure. The team will let you know the time that you should stop eating and drinking. You can still take your usual medications, with a small sip of water.

On the day of the procedure, you will go to the operating theatre (also known as the cath lab) and the team will give you a sedative to make you relaxed and slightly sleepy. They will also give you an injection of local anaesthetic at each side of your groin and a plastic tube (sheath) will be placed in both of these areas.

Another tube (catheter) containing your new heart valve will be placed within one of the sheaths and will be moved carefully up to the heart under x-ray guidance. Once the heart valve is placed in position, your new valve is expanded, and the old valve is pushed out of the way.

When the doctor is happy that the valve is positioned correctly, the tube will be removed and your valve will remain in place for the rest of your life. The tubes in your groin are removed at the end of the procedure and the holes closed with stitches. Sometimes extra pressure may be needed over the area to stop bleeding.

Occasionally, the procedure is performed under general anaesthetic, which means you will be put to sleep just before the procedure. Your doctor will let you know if this is best for you.

After your TAVI

You will have a short stay in the Cath Lab recovery area before transferring back to the Cardiology ward for close monitoring.

You will need to lie flat on your back for several hours after the procedure to make sure that the catheter access sites are healing well.

After a period of bed rest, the nursing team will advise that you can get up. Some patients can feel dizzy shortly after the procedure, so you should move around carefully in the early stages.

Your doctor will see you the day after the procedure. He or she will arrange for daily blood tests and electrical heart tests to make sure no problems have occurred after the procedure. You will usually stay on a cardiac monitor until you can go home.

If you are well and walking around, the team will usually let you go home after 2-3 days.

Cardiac rehabilitation

While you are in hospital, a nurse from the Cardiac Rehabilitation Team will see you. This team offers a programme of exercise and general health advice to help you recover. The goal of this is to improve your physical, emotional and social wellbeing after your TAVI.



Patients who attend cardiac rehabilitation programmes report feeling more confident coping with everyday life. The programmes can also help to increase your fitness level. You will be able to go to an outpatient programme near to your home about 4-6 weeks after you leave hospital.

Going home

Before you go home, a nurse will check your wound and ensure you have at least one week's medication supply. The healthcare team will also give you letter describing your hospital stay, the procedure and the medication you should take afterwards. A copy of the same letter will go to your GP.