

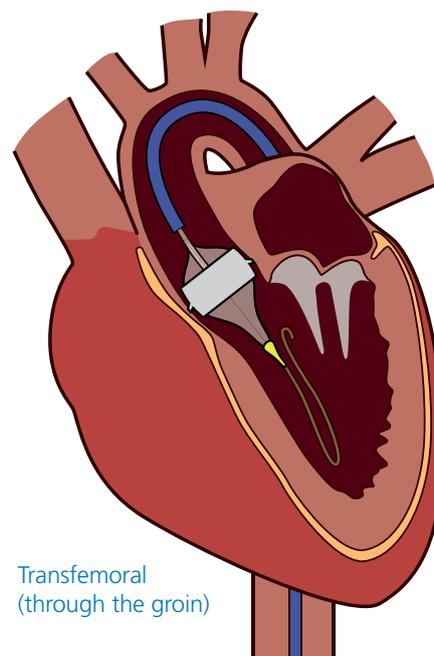
Patient information factsheet

Transfemoral TAVI procedure – discharge advice

You have undergone a procedure called transfemoral trans-catheter aortic valve implantation (TAVI) to replace a valve in your heart. During the procedure, a thin tube (catheter) containing the replacement valve was introduced via a small cut at the top of your leg/s and inserted via your artery into its position in the heart.

This factsheet aims to answer some of the initial questions that you are likely to have as you get ready to leave hospital and continue your recovery at home.

If you require more information about anything in this factsheet, please speak to a member of your healthcare team. Please keep this factsheet in a safe place in case you need to refer to it in the future.



Going home

The majority of patients who have had a transfemoral TAVI procedure are able to return home between two and four days after the procedure. If you usually require additional help at home, please let us know so we can make the arrangements to have this ready for you when you leave.

Pain and healing

You will have a small wound (about 2cm long) on either one or both sides of the groin (the area at the top of your leg). It is normal to experience bruising or discomfort, and the wound/area will often feel 'tight' as it begins to heal. There may also be a small lump. Your doctor will have examined the area a number of times before you leave hospital, and will be satisfied that it is healing well. The bruising can often take a number of days before the full extent becomes apparent, and may take a couple of weeks to resolve completely. This is normal. The bruising can be extensive, and may track down your leg as far as your knee.

Stitches

We will usually remove any stitches that are required before you leave. We occasionally ask for these to remain in for a couple of extra days, and will advise you if this is the case. If necessary, your stitches can be removed by the practice nurse at your local GP surgery when you go home.

Washing

It is safe to shower without dressings on the wounds. We would however advise that you avoid applying soap directly onto your wound before it has healed completely. It is important to keep this area dry in between showering/bathing.

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Medication

The majority of patients will be given extra blood thinning medication for up to three months after the procedure. The ward pharmacist or a member of the TAVI team will run through any changes to your prescriptions with you before you leave hospital. This will also be written on the discharge summary, a copy of this will be given to you and one forwarded to your GP.

Exercise

Walking is the best form of exercise you can take after having your TAVI procedure. You should be careful in the first few weeks to avoid unnecessary strain on the groin, and it may feel tight or bruised. You may find that the amount you can do will vary from day to day, but as you recover, you should feel that you are able to do more than before your TAVI procedure.

Driving

The DVLA advises that you **must not drive** for at least four weeks after your procedure. You do not need to inform the DVLA about the procedure (unless you wish to continue to hold an HGV/bus licence), but you should inform your insurance company.

Returning to work

If you work, then your TAVI team will advise you when to return to work depending upon your particular circumstances. In general, we normally recommend at least two weeks recovery.

Follow-up

You will automatically have a follow-up appointment booked for you after your procedure.

Who do I contact if I feel unwell once I have left hospital?

Your first point of contact should be your GP. In particular, you should seek medical attention if your bruising becomes more painful, you develop a lump in the groin, or the lump becomes larger.

For telephone advice (or if your GP requires further advice) then the TAVI nurse specialist is available on **023 8120 8686** (8am to 4pm, Monday to Friday). If there is no answer, please leave a message on the answer phone and a member of the team will respond to your call.

Urgent medical advice is available via the **on-call cardiology service** via the main hospital switchboard: **023 8077 7222**, available 24-hours a day, seven days a week.

If urgent medical review is required, please attend your local emergency department. If a serious problem does occur that requires local hospital admission, the TAVI team would be grateful if you could encourage your attending medical team to liaise with us to keep us abreast of any issues that may require transfer back to Southampton. The best way for your medical team to do this is via the TAVI nurse specialist (**023 8120 8686**).

Will I need antibiotics for any future operations or dental procedures?

Yes, we would recommend taking antibiotics (a single dose) before you visit the dentist or hygienist. The prescription will vary from patient to patient (depending on any allergies you may have). Your GP will have information regarding which type is best for you.

We would also recommend antibiotics if you need any other type of operation. You must tell your surgeon/doctor that you have had a TAVI valve procedure in the past.

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Emergency contact numbers

- TAVI nurse case managers: **023 8120 8686** (Monday to Friday, 8am to 4pm)
- University Hospital Southampton main switchboard: **023 8077 7222** (24-hour)
- NHS 111 – dial **111** from any landline or mobile free of charge (24-hour)

If you need to visit your GP or practice nurse, please take this factsheet with you.

Useful links

NHS Choices Healthy hearts

www.nhs.uk/Livewell/Healthyhearts/Pages/Healthyheartshome.aspx

NHS TAVI video

www.nhs.uk/Video/Pages/guide-to-tavi.aspx

If you need a translation of this document, an interpreter or a version in large print, Braille or on audiotape, please telephone **023 8120 4688 for help.**