







Care After Transcatheter Aortic Valve Replacement — At a Glance

For an Emergency, Call 911

Activity	Procedure Site Care	Medicines	Self-care	When to Call Your Doctor or Surgeon
 <ul style="list-style-type: none"> ■ In the first 24 hours: <ul style="list-style-type: none"> — Do low-level activities. Take only a few stairs if needed. ■ In the first 5 days: <ul style="list-style-type: none"> — Don't lift anything heavier than 5 pounds. ■ In the first 7 days: <ul style="list-style-type: none"> — Don't drive. — Avoid bending over and squatting. — Avoid heavy activities (such as biking, bowling, mowing or shoveling). — Follow your directions for walking and exercising. ■ For 2 weeks: <ul style="list-style-type: none"> — Use the incentive spirometer every 2 hours during the day. 	 <ul style="list-style-type: none"> ■ Leave the dressing or bandage on until tomorrow morning. ■ Keep the site clean and dry for the first 24 hours. You may take a shower with mild soap tomorrow. ■ Apply pressure slightly above the site if you cough or sneeze. ■ If the site starts to bleed: <ul style="list-style-type: none"> — Lie down flat. — Apply pressure slightly over the site for 15 minutes. — If bleeding doesn't stop after you apply pressure, call 911. ■ Check your incision every morning. ■ It is normal to have: drainage (clear or straw-colored), mild swelling, bruising, itchiness, soreness and numbness for 4 to 6 weeks. ■ If you have a chest tube: <ul style="list-style-type: none"> — Change the bandage 2 times a day. — Keep a bandage on the site until a scab forms. — Don't put ointment, lotions, powders or gels on the site. 	 <ul style="list-style-type: none"> ■ Take your medicines as prescribed each day. ■ Take prescription pain medicine as directed for incision site discomfort. <ul style="list-style-type: none"> — Don't drive, run heavy machinery or make important decisions while you are taking prescription pain medicine. ■ Take acetaminophen (Tylenol®) every 4 to 6 hours as needed to pain if you aren't taking prescription pain medicine. Follow package directions. ■ You will be taking a medicine known as a blood-thinner. This may include aspirin, clopidogrel (Plavix®) or warfarin (Jantoven®). Follow directions on your After Visit Summary. 	 <ul style="list-style-type: none"> ■ Eat healthful foods low in sodium (salt), fat and cholesterol. ■ Weigh yourself each morning before you eat. ■ Get regular exercise. Follow your doctor's directions. ■ Keep all appointments with your health care team, even if you are feeling better. ■ Write down any questions or concerns for your doctor. ■ Do not use tobacco. If you need help quitting, ask your doctor for resources.  	 <ul style="list-style-type: none"> ■ Call your doctor if you: <ul style="list-style-type: none"> — have a lot of swelling and tenderness, pain that doesn't stop or bleeding at your groin site — have discolored area at your groin site that is hard or painful — have numbness, tingling or color changes in your legs or hands — gain more than 3 pounds in 1 day or 5 pounds in 1 week — have trouble breathing — have other concerns. ■ Call your surgeon if: <ul style="list-style-type: none"> — your incision comes apart — you have signs of infection: redness, swelling, tenderness, warmth, change in appearance, extra drainage — you have a fever of 101 F or higher — you have green, creamy or sticky drainage — the drainage lasts more than 2 weeks.