








Care After a Left Atrial Appendage Occlusion Procedure — At a Glance

For an Emergency, Call 911

<p>Activity</p> 	<p>Procedure Site Care</p> 	<p>Medicines</p> 	<p>Self-care</p> 	<p>When to Call Your Doctor</p> 
<ul style="list-style-type: none"> ■ In the first 24 hours: <ul style="list-style-type: none"> — Do low-level activities. Walk to and from the bed, couch, chair and bathroom. Take a few stairs, if needed. — Do not drive until tomorrow. ■ In the first 7 days: <ul style="list-style-type: none"> — Do not lift anything heavier than 10 pounds. — Avoid heavy activities, such as biking, bowling, jogging, sexual activity, shoveling, mowing or swimming. 	<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 procedure site if you cough or sneeze. ■ If the site starts to bleed: <ul style="list-style-type: none"> — Lie down flat. — Apply pressure slightly above the site. — Call 911 if the bleeding does not stop after you apply pressure. ■ You may have a bruise, nickel-sized lump or both in the puncture area. This is common. The bruising may increase in size. It may take 2 to 3 weeks for the bruise to go away. 	<ul style="list-style-type: none"> ■ Take your medicines as prescribed each day. ■ Talk with your doctor before you take over-the-counter pain relief medicine. ■ Watchman™ device: <ul style="list-style-type: none"> — Take your prescribed blood thinner such as warfarin (Jantoven®) for 6 to 8 weeks. — Then take clopidogrel (Plavix®) and aspirin for 6 months. ■ Amplatzer™ Amulet™ device: <ul style="list-style-type: none"> — Take your prescribed blood thinner – clopidogrel (Plavix®) – and aspirin for 6 months. 	<ul style="list-style-type: none"> ■ Drink extra glasses of liquids over the next 24 hours. This will help flush the contrast from your kidneys. ■ Eat a diet low in fat, sodium (salt) and cholesterol. ■ Read all food labels for cholesterol, sodium (salt) and fat levels. ■ Get regular exercise. Follow your doctor’s directions. ■ Do not use tobacco. If you need help quitting, ask your doctor for resources.  ■ Call your cardiologist to get an antibiotic prescription if you are scheduled for any type of dental appointment. This will need to be done for 6 months after your implant. 	<ul style="list-style-type: none"> ■ Call your doctor if you have: <ul style="list-style-type: none"> — chest pain — lots of swelling and tenderness, constant pain or bleeding at the puncture site — lightheadedness, sweating and fever of more than 101 F — trouble breathing, feeling very tired or being unable to exercise — questions or concerns. <p style="text-align: right;">allinahealth.org</p> <p style="text-align: right; font-size: small;">© 2022 ALLINA HEALTH SYSTEM. TM – A TRADEMARK OF ALLINA HEALTH SYSTEM OTHER TRADEMARKS USED ARE OWNED BY THEIR RESPECTIVE OWNERS THIS FACT SHEET DOES NOT REPLACE MEDICAL OR PROFESSIONAL ADVICE; IT IS ONLY A GUIDE. cvs-ah-48067 (5/22)</p>