



**University Hospitals Birmingham**  
NHS Foundation Trust



## Post-TAVI advice

Patient label

**Building healthier lives**

**UHB is a no smoking Trust**

The access site in the artery at the top of the leg (right/left or both) or under the collar bone has been closed with a suture mediated device called a Proglide, which deploys a non-absorbable suture on the puncture site on the artery wall.

Very infrequently infection may develop at this site which requires prompt medical attention and management to reduce the risk of serious complications.

Please follow the advice below and notify us immediately if you notice **very painful swelling** or redness, inflammation or discharge from the puncture site.

Please contact TAVI nurse practitioners:

- Ewa Lawton on **07464908049** or Dionne Parsley on **07920139771**  
– during office hours
- For out of hours advice please call the Coronary Care Unit on **01213712561** or **01213712562**

1. Keep groins dry for 2–3 days (avoid submersing in a bath, dry carefully after showering), keep dressings in place for a few days, keep changing until puncture sites are healed
2. It is normal to experience some discomfort and/or bruising, and it may take a couple of weeks to resolve completely. If you develop severe discomfort or a new painful swelling please contact us for advice as we may need to see you
3. Avoid strenuous exertion for a few days after discharge (avoid lifting heavy objects or doing heavier house-chores, like vacuuming etc.) until discomfort settles

4. It is not unusual to feel tired for the first few days post procedure. Some people may find they can be quite active one day and very tired the next day
5. For the first one to two weeks after your procedure it is important you exercise little and often. Begin by walking around the house and taking short walks outside
6. DVLA regulations stipulate that you must refrain from driving for one month from the date of the TAVI procedure
7. It is important to maintain good oral and dental hygiene. Inform your Dentist that you have a new bioprosthetic heart valve, as you may require an antibiotic cover for an invasive dental procedure
- 8. In the event of a blackout or any signs of stroke (trouble with speech, one-sided weakness, face droop etc) seek medical help immediately at your nearest A&E department or by dialing 999**

Date of TAVI procedure: \_\_\_\_\_

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Useful link:

British Heart Foundation:

**<https://www.bhf.org.uk/information-support/treatments/tavi>**

If you require this information in another format, such as a different language, large print, braille or audio version please ask a member of staff or email **[interpreting.service@uhb.nhs.uk](mailto:interpreting.service@uhb.nhs.uk)**.

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## **Cardiology**

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