

Post-TAVI Advice

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 following TAVI. Some people may find they can be quite energetic 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 2 weeks from the date of the TAVI procedure: www.gov.uk/guidance/cardiovascular-disorders-assessing-fitness-to-drive#heart-valve-surgery--including-percutaneous-valve-intervention
 7. It is important to maintain good oral and dental hygiene. Inform your Dentist that you have a new bioprosthetic heart valve, as we recommend antibiotic prophylaxis for an invasive dental procedure
 8. **In the event of a blackout or any signs of stroke (difficulty with speech, one-sided weakness, facial droop etc) seek medical help immediately at your nearest A&E department or by dialling 999**

Please watch the below animation explaining your recovery.

Type www.explainmyprocedure.com/uhbtavi/qr/tavi-recovery into your phone or computer browser
Or scan QR code



You will be prompted to add the following **password: uhb2110**

Date of TAVI procedure:

Useful link

British Heart Foundation

www.bhf.org.uk/informationsupport/treatments/tavi

Accessibility

To view this information in a different language or use text-to-speech reader visit **www.uhb.nhs.uk**, click the yellow and black circular icon in the bottom right of the web page to open the ReachDeck toolbar and then use the search bar to search by the name of the leaflet. If you require this information in another format such as braille, please email interpreting.service@uhb.nhs.uk.



How did we do? 😊 😐 😞

If you have recently used our services we'd love to hear about your experience. Please scan the QR code or follow the link to share your feedback to help us improve our services. **Thank you.** www.uhb.nhs.uk/fft

