



**University
Hospitals Sussex**
NHS Foundation Trust

Discharge advice for patients following day case Transcatheter Aortic Valve Implantation

Cardiac

Patient information

What happened during this procedure?

You had a Transcatheter Aortic Valve Implantation, or TAVI. You are being discharged (leaving hospital) on the same day.

During your TAVI a small incision was made in the artery in your groin, which we have sealed with an internal stitch.

Will my wound hurt?

It is normal for your groin to feel tender for a few days after your procedure.

A nasty bruise may develop and extend as far down as your knee. It can be blue or purple in colour. This is not a cause for concern.

You may also feel a pea-sized lump in your groin. This is completely normal. It is the internal stitch used to close the artery puncture site. During your TAVI, a small incision was made in the artery going to the leg, which we have sealed with an internal stitch that will stay in forever and should be unnoticed.

How should I care for myself at home?

Do

- ✓ **Do** cover the site with a plaster or a dressing given to you by the ward nurses until the skin heals. This takes about four to seven days.
- ✓ **Do** avoid showers for 24 hours and baths for 72 hours (hot water encourages bleeding).
- ✓ **Do** observe the area for signs of infection. This may appear as a hard, tender swelling around the wound with redness and pain. Please contact us if this occurs (see details below).

- ✓ **Do** contact us if a lump develops under the skin around the area of the incision that is larger than a pea.
- ✓ **Do** call 111 if you feel lightheaded, dizzy or unwell. You may need medical attention.
- ✓ **Do** call an ambulance by dialling 999 immediately if you show symptoms of a stroke such as slurred speech, face drooping, visual disturbances, (changes in your eyesight), your body is weak, or you collapse.

Do not

- ✗ **Do not** lift any heavy objects or do anything that exerts pressure on your tummy muscles for at least one week, for example vacuum cleaning, gardening or carrying bags of shopping.
- ✗ **Do not** drive for one month following your TAVI. You do not need to let the DVLA know unless you hold a commercial license.

What should I do if my wound starts to bleed?

Lie down flat immediately and get a family member or friend to apply pressure on and above the bleeding area.

The pressure should be applied for 10 minutes continuously (without peeping at the wound). This is the time a blood clot will take to form. If you release the pressure before 10 minutes the clot is unlikely to form.

If the bleeding does not stop after ten minutes, call an ambulance, dialling 999, immediately.

What will happen after I leave hospital?

Feel free to chat to the ward nurse or Nurse Specialist before discharge about any concerns you may have. If you have any concerns about your groin site or concerns specific to your cardiac procedure during your first week at home, please call the Cardiac Care Unit.

The Nurse Specialist will call you the day after your procedure to check on you.

A detailed report will be sent to your GP.

You will be sent an outpatients' telephone appointment for eight to twelve weeks after your TAVI for follow up with one of the structural heart team.

Who can I contact for further information and advice?

Structural Heart Nurse Specialist

07769 286982 (Mon- Fri, 9am-5pm)

Cardiac Research Team (for patients in a clinical trial)

01273 696955 Ext. 64049 (Mon- Fri, 9am-5pm)

Cardiac Care Unit

01273 696955 Ext.64484 (can call anytime)

For more general concerns, please speak to your GP.

This information is intended for patients receiving care in Brighton & Hove or Haywards Heath.

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