



## TAVR Post-Operative Instructions

1	Caring for the wound at your groin	<ol style="list-style-type: none"><li>1. Every day, check the place where the catheter was inserted in your groin.</li><li>2. Call your family doctor if you have:<ul style="list-style-type: none"><li>• Any area of redness or swelling that does not get better</li><li>• A lump around the area that is getting bigger</li><li>• Yellow or pink discharge</li><li>• Pain that does not get better or is worse</li></ul></li><li>3. Call your family doctor if you have any of the symptoms above or if you have a fever with a temperature of 38.5 Celsius or higher.</li><li>4. Shower every day with warm water and a mild, unscented soap. Wash the wound gently (do not scrub). Then pat dry with a clean towel. Do not take baths until your family doctor says you can.</li></ol>
2	General Activity	<ol style="list-style-type: none"><li>1. Do not push, pull or lift anything that weighs 10 pounds (4.5 kilograms) or more for 1 to 2 weeks after your surgery (until your family doctor says it's ok). For example, avoid lifting groceries, vacuuming, gardening and doing laundry.</li><li>2. Climbing stairs should be limited for 1-2 weeks. If necessary, only climb stairs 1 to 2 times a day and walk slowly.</li><li>3. Carry your temporary valve card with you at all times. The permanent card will arrive in the mail. Once it does, please carry that one with you instead.</li></ol>
3	Driving	Do not drive until your family doctor says you can (about 2 weeks after your surgery). Always wear your seatbelt.
4	Before dental or other procedures	Do NOT have any dental work done until at least 3 months after the TAVR procedure. Tell your dentist or health care provider that you had heart valve surgery. You may need to take antibiotics before having certain dental procedures or surgeries.
5	Follow-up	<ol style="list-style-type: none"><li>1. Please arrange to see your family doctor in 7 to 10 days after the procedure. It is important for them to check if the wound is healing properly.</li><li>2. Please arrange to see your primary cardiologist in 6 weeks.</li><li>3. Go to your follow-up appointment at the Structural Heart Clinic in 3 months. We will mail you the details of this appointment.</li></ol>