



**University
Hospitals Sussex**
NHS Foundation Trust

Discharge advice for patients following Transcatheter aortic valve implantation (TAVI)

Patient information

What happened during this procedure?

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

How should I care for my wound at home?

The ward nurses will give you a plaster or a dressing. Cover the site until the skin heals. This takes approximately four to seven days.

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

If you have a visible stitch this will need to be removed three to five days after your TAVI. However, your individual circumstances may differ. Removal of the stitch can be organised at the GP surgery.

Avoid hot showers for 24 hours and hot baths for 72 hours (hot water encourages bleeding).

Will my wound hurt?

A bruise may develop, and extend as far down as your knee. It is usually blue/purple in colour. This is not a cause for concern.

You may also feel a pea size lump in your groin. This is the internal stitch used to close the artery puncture site. This is completely normal. If a lump develops under the skin around the area of the incision that is larger than this, please contact us.

Should I limit my activities?

Do not lift any heavy objects or do anything that exerts pressure on your abdominal muscles for two weeks, for example, vacuum cleaning or gardening.

Do not drive for one month following your TAVI. However, your individual circumstances may differ. This will be discussed with you.

What signs should I look out for?

Observe the area for signs of infection. This may be a hard, tender swelling around the incision with redness and increase in pain. Please contact us if this occurs.

In the highly unlikely situation of your wound/incision site starting to bleed, lie down flat and get a family member or friend to apply pressure on and above the bleeding area. The pressure should be applied for 10 minutes without peeping. 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 10 minutes, continue to apply pressure and call an ambulance immediately.

How can I prevent a valve infection?

To prevent valve infection, it is important to have good dental hygiene, regular check-ups with your dentist and avoid body tattoos or piercings.

What happens next?

A detailed report will be sent to your GP which will be copied to you.

The hospital Doctor would like you to be seen 8 to 10 weeks after your TAVI in the outpatients clinic. An appointment will be sent to you by post. Please contact us if you do not receive an appointment letter.

Feel free to chat to your ward nurse or Nurse Specialist about any concerns you may have or any health education you feel you may benefit from.

Alternatively, if you have agreed to take part in a research study you can contact the research team on **01273 696955, Ext. 64049.**

Contact details for the Cardiac Care Unit

If you have any concerns about your groin site, or any concerns about your cardiac procedure during your first week at home, please contact us.

Telephone number: **01273 696955 Ext. 64484.**

You can call this number at any time.

Other useful contact:

Structural heart nurse specialist: **07769 286982**

Email: **Uhsussex.structuralheartnurses@nhs.net**

For more general concerns, please contact your GP.

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

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