

Going home after your Transcatheter Aortic Valve Replacement (TAVR) procedure

Dr. _____ did your procedure. **Phone:** _____

TAVR Office: 905-869-0301

Activity

- Increase activity as tolerated. We recommend you walk at a pace that you are still able to talk.
- Avoid strenuous activity or heavy lifting (nothing over 10 pounds or 4.5 kilograms) for 2 weeks.
- You cannot drive after your procedure. Ask your doctor when you can drive.
- It takes most patients 2 weeks to 3 months to fully recover from TAVR.

Medications

- Aspirin 81 mg daily for ____ days ____ months ____ lifelong
- Plavix (clopidogrel) 75 mg daily for _____
- Continue taking the blood thinners (prescribed for you before the TAVR) for _____

Care of your access site

- Look at your access site every day.
- It is normal to have bruising or a small lump and may be tender to touch.
- You may remove the bandage and leave it off once there is no discharge.

Follow-up

- See your family doctor in 1 to 2 weeks
- Our team will contact you to schedule an echocardiogram and visit in our clinic in 1 to 3 months.
- See your cardiologist in 4 to 8 weeks.

Other appointments you may have:

Tell all of your health care providers you have had a heart valve replacement.

- Do not go to the dentist for 3 to 6 months after your TAVR unless you have an abscess or toothache.

When to take antibiotics

- Take antibiotics before each visit to the dentist. This will help prevent an infection. Your dentist or family doctor can give you a prescription for the antibiotic.
- Take antibiotics before you have any procedure from now on including minor surgeries or teeth cleaning.