

# Transcatheter Aortic Valve Implantation (TAVI): Returning Home

For a day or two, when you're at home after your TAVI or TAVR procedure, you may be sore and have swelling, bruising, or a small lump around the site where the catheter went into your body.

It's important to be careful with activity for several days to help heal the area where the catheter went in.

You can do easy things around the house, such as light housework or cooking.

But don't lift, pull, or push anything heavy, and don't do any hard exercise until your doctor says it's okay.

You can take a shower 24 to 48 hours after the procedure.

But don't soak the site or take a bath for 1 week or until your doctor says it's okay.

It may seem like a lot to do and remember, but don't worry.

Before you go home, you'll meet with the staff to go through your care plan.

The plan will include information about checkups, specialist care, any ongoing tests you may need, and who to call if there's a problem.

This is a great time to ask questions.

Your medicines may change too, so be sure you understand what they are and how to take them.

Your plan will also include having a heart-healthy lifestyle.

This includes eating healthy foods, being active, staying at a healthy weight, and not smoking.

All of these things will give you the best chance for a longer, healthier life.

Your doctor may suggest that you attend a cardiac rehab program.

In cardiac rehab, you'll get education and support to help you recover and prevent problems with your heart.

Ask your doctor if rehab is right for you.

After going home, be sure that you follow any instructions about diet and activity, and take your medicines as prescribed.

You'll also get directions on how to care for the site where the catheter was put in.

Watch for any lump that gets bigger under the site.

or suitability of this video for medical decision making. For all health-related issues please contact your healthcare provider.



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And watch for bleeding from that area.

A small amount of blood on the bandage can be normal.

But call your doctor if bright red blood soaks through the bandage.

Call your doctor if you have problems such as new or worse pain or bleeding.

And call if your leg is painful, looks blue, or feels cold, numb, or tingly.

Also call your doctor if you see signs of infection, such as increased pain, swelling, warmth, or redness; or drainage from the area.

Get emergency help right away if you pass out; have severe trouble breathing; have sudden chest pain and shortness of breath; or you cough up blood.

And get emergency help if you have any of the warning signs of a stroke, including face drooping, arm weakness, speech difficulty, and problems with your vision or with balance.

You know yourself best, so call your doctor if you have any questions.

If you're a little nervous right now, that's okay.

Recovery and healing take time.