

Left Atrial Appendage Closure: Returning Home

Your left atrial appendage closure was done to close off this area in your heart.

Your doctor used a catheter to place a small device that plugs up the appendage.

The device can help prevent a clot from moving out of the appendage, where it could cause a stroke.

After the procedure, you may spend at least one night in the hospital.

You may be sore.

And that's normal.

For a few days, you may 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.

This is to help heal the area where the catheter went in.

If your doctor says it's okay, you may be able to do easy things around the house, such as light housework or cooking.

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

This may be for a day or two.

Make sure that you understand your doctor's instructions.

Easy walking is probably okay if your doctor allows it.

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.

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



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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, including eating healthy, being active, and not smoking.

This will give you the best chance for a longer, healthier life.

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

Watch for a lump that's getting bigger at the site.

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.

Also call your doctor if you have problems such as new or worse pain, or if you vomit and can't keep fluids down.

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; reddish streaks leading from the catheter site; pus draining from the catheter site; or a fever.

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