

# TRANSCATHETER AORTIC VALVE REPLACEMENT (TAVR)

PREPARING FOR YOUR UPCOMING PROCEDURE



Learn more at  
[Bayhealth.org/HVI](https://www.bayhealth.org/HVI)

  
HEART & VASCULAR  
INSTITUTE

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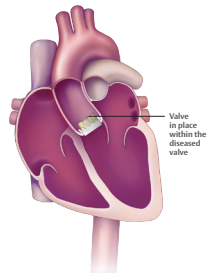
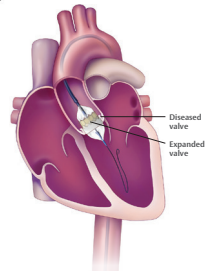
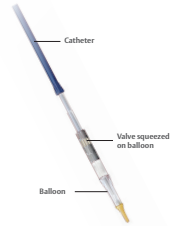
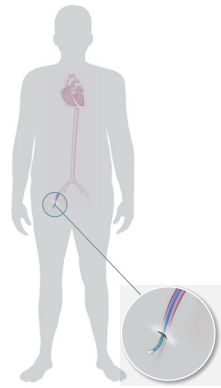
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Scan this QR code to watch a video of the TAVR procedure.

# WHAT IS TAVR?

Transcatheter aortic valve replacement, or TAVR, is a minimally invasive procedure to replace an aortic valve in the heart that is narrowed and doesn't fully open. This procedure can be an alternative to more traditional open-heart surgery.

Here's what's involved in TAVR:

- A small catheter is inserted into the groin.
- A new valve is inserted via the catheter, pushing the old valve out of the way.
- The old valve remains in place.
- The procedure typically takes 1-3 hours.

## BENEFITS AND RISKS OF TAVR

As is the case with any major procedure, there are benefits and risks to TAVR.

### BENEFITS

- Improved heart function
- Relief of symptoms
- Shorter hospital stay
- Improved quality of life
- Less pain and anxiety
- Minimal scarring
- Faster return to normal activities

### RISKS

- Stroke
- Heart block (possibly requiring pacemaker)
- Bleeding
- Blood clots
- Vascular injury



If it has been determined that you or a loved one will be undergoing a TAVR procedure, we want to help you feel prepared for what to expect. Some basic steps are necessary to prepare for this surgery and to follow afterwards to maximize your recovery. Please follow all of the instructions provided by your care team.

## PREPARING FOR TAVR

### LEADING UP TO PROCEDURE

- A hospital team member will call the day before to review medications and arrival time.

### THE NIGHT BEFORE PROCEDURE

- Eat a heart healthy diet.
- Shower as per usual.
- Wipe down with a package of chlorhexidine wipes following the instructions.
- DO NOT EAT OR DRINK AFTER MIDNIGHT.
- Get a good night's rest.



## THE MORNING OF PROCEDURE

- Take only medications as instructed by nurse navigator or physician with small sips of water. (Refer to table below for medications requiring specific instructions for holding prior to surgery.)
- Wear comfortable clothing.
- Do not apply makeup, hairspray or lotions.
- Do not put in contact lenses; wear glasses.
- Remove all jewelry prior to hospital arrival.
- Bring your insurance card, photo ID, a list of medications you take, and any legal documents such as advanced directive, medical power of attorney, etc.
- Bring your breathing machine (CPAP or BiPAP) if you use one at home.
- At the hospital, park in the outpatient services parking area.
- Check into the surgery waiting area.
- Notify surgery team if you ever had a reaction to contrast dye or shellfish.

## MEDICATION INSTRUCTIONS

Do NOT take the following for the time indicated before surgery.

METFORMIN	HOLD 48 HOURS PRIOR TO PROCEDURE
COUMADIN (WARFARIN)	HOLD 5 DAYS PRIOR TO PROCEDURE
PRADAXA (DABIGATRAN)	HOLD 48 HOURS PRIOR TO PROCEDURE
ELIQUIS (APIXABAN)	HOLD 48 HOURS PRIOR TO PROCEDURE
XARELTO (RIVAROXABAN)	HOLD 48 HOURS PRIOR TO PROCEDURE
PLAVIX (CLOPIDOGREL)	HOLD 5 DAYS PRIOR TO PROCEDURE (UNLESS RECENT STENT)
INVOKANA, JARDIANCE, FARXIGA, STEGLATRO	HOLD 3 DAYS PRIOR TO PROCEDURE (IF TAKING FOR DIABETES)

# WHAT TO EXPECT IN THE HOSPITAL

On the day of the procedure, members of our care team will gather health information from you. Please designate one family member or care partner to receive updates after the procedure.

## INFORMATION FOR FAMILY/CARE PARTNER

- The TAVR procedure will take approximately 90 minutes.
- Family/care partner should wait in the Cardiovascular Surgical Intensive Care Unit (CVSICU) waiting room on the second floor.
- The surgeon will come to the CVSICU waiting room after the procedure to give family updates.
- The average hospital stay is 1-3 days.
- Nursing staff shift changes are 6:45-7:15 a.m. and 6:45-7:15 p.m. Please refrain from calling at that time frame as staff will be busy in bedside shift reporting.
- Family member/care partner has 24-hour access to the patient. Visit [Bayhealth.org/Visitation](https://www.bayhealth.org/Visitation) for our visitor guidelines.

## POST OPERATIVE RECOVERY

Following the completion of your procedure, you will get transported to the recovery room. With close monitoring from your care team, the recovery process will begin the day of your procedure.

Recovery from the TAVR procedure is typically much shorter than from open-heart surgery.

- You will need to lie flat for 4 hours to prevent bleeding from sites.
- Frequent neurological assessments and blood pressure measurements will be taken.
- After bed rest, you will be expected to get out of bed and sit in your chair for meals.
- You will be expected to walk around the room and in the hallway with assistance.



## THE DAY AFTER PROCEDURE

- An echocardiogram, chest X-ray and labs will be taken.
- Your surgeon will do rounding to check on your progress.
- You will be out of bed and walking in the hallway, with assistance if needed.
- Anticoagulation, or blood thinners, will be started.
- You will take aspirin indefinitely and Plavix for at least three months.



# AFTER DISCHARGE

- You will need a ride home from the hospital.
- It is recommended that you have support at home for the first two days, following your discharge.
- Care managers can assist with identifying discharge needs and access to resources.
- If new prescriptions are required, they will be sent electronically to your pharmacy on file.

## INCISION CARE

- Take bandages off on the second day after your procedure.
- It is okay for you to shower, following these safety precautions.
  - Wash incision gently with soap and water.
  - Pat dry.
- Do not use perfumed soaps or lotions until incisions are healed.
- Monitor for signs of infections - redness, drainage and/or heat.
- Wear loose-fitting clothes.

## DO’S AND DON’TS

DO’S	DONT’S
Have adequate periods of rest between activities	No lifting greater than 10 lbs. (Gallon of milk weighs 8 lbs.)
Eat balances meals including fruits, vegetables, whole grains, low fat dairy and lean meats	No tub baths, swimming or submersing incision in water until fully healed
Eat a low sodium, low fat diet; limit saturated and trans fat, sugar and salt *avoid canned foods when possible)	Limit caffeine intake
Take antibiotics prior to any invasive procedures, especially dental procedures	No strenuous activity for two weeks
Walk frequently	No smoking
	No routine dental cleanings for 6 months

No excessive bending or squatting and no sitting for prolonged periods of time



## NEXT STEPS

- The day after you are discharged, the nurse navigator will call you for follow up.
- You will be scheduled for a follow-up appointment in the office with a physician assistant the week following your procedure. Patients are generally safe to drive to their follow up appointment.
- You will get an echocardiogram around the 30-day mark and then follow up with the surgeon. Our office will schedule and notify you of your appointments.
- A permanent device ID card will be mailed to you.

## WHEN TO CALL THE DOCTOR

If you notice any of the following signs after your procedure, you need to call your doctor.

- Redness, swelling, tenderness, heat or drainage from incisions
- Fever greater than 100.4 degrees for more than 24 hours
- Dizziness and/or lightheadedness
- Bilateral lower extremity swelling
- Unrelieved pain
- Severe bruising
- Needing to sleep propped up

## WHEN TO CALL 911

- Stroke symptoms, such as confusion, facial droop, weakness on one side of the body, slurred speech or any vision changes
- Chest pain, palpitations or racing heart
- Sudden onset shortness of breath (especially at rest)

## HEART HEALTHY DIET

It's very important to follow a heart healthy diet. Use these general nutritional guidelines:

- Eat balanced meals including fruits, vegetables, whole grains, low fat dairy and lean meats.
- Follow a low sodium, low fat diet.
- When possible, avoid canned foods.
- Limit saturated and trans fat, sugar and salt.

Visit [Heart.org/Nutrition](https://www.heart.org/Nutrition) for tips from the American Heart Association on heart healthy eating.

## CARDIAC, PULMONARY & VASCULAR REHABILITATION

Cardiac, Pulmonary & Vascular Rehabilitation is a medically supervised program that helps improve the health and well-being of patients who have heart conditions. It is offered at Bayhealth Kent and Sussex Campuses. Tailored to specific heart problems, it involves education and counseling on heart healthy living, and provides emotional support. You will receive a referral to cardiac rehabilitation at your one-week follow-up appointment.



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## This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

# MYCHART HEALTHCARE AT YOUR FINGERTIPS

The Bayhealth MyChart patient portal is a free online tool that gives you secure, 24/7 access to your health records. View test results, medications, appointments and much more!



Scan the QR code or visit  
[Bayhealth.org/MyChart](https://Bayhealth.org/MyChart) to sign up  
today. For technical assistance, call the  
Bayhealth Service Desk at 302-744-7196.



BAYHEALTH HOSPITAL,  
KENT CAMPUS  
640 South State Street  
Dover, DE 19901  
302-674-4700

BAYHEALTH HOSPITAL,  
SUSSEX CAMPUS  
100 Wellness Way  
Milford, DE 19963  
302-422-3311