



American
Heart
Association.



Facing and Recovering from Transcatheter Cardiac Valve Procedures

PLAN WELL & RECOVER BETTER

By planning ahead, you can help prepare yourself for a lower stress recovery.

Preparation steps to take before my transcatheter valve procedure

- ❑ Check with your insurance about additional home health care you may need.
- ❑ See your dentist. [Dental exams before heart valve surgery can help reduce infection risk.](#)
- ❑ If you use tobacco, you are encouraged to quit before the procedure.
- ❑ Practice ways to relieve your stress, such as listening to music, meditation, deep breathing or guided imagery.
- ❑ Eat healthy going into the procedure; avoid excess salt.

HELPFUL CONSIDERATIONS



Make sure your healthcare professional has a **complete list of all current, prescribed, and over the counter supplements** you take.



Follow your healthcare professional's **pre-procedure instructions about medication adjustments and discontinuation** leading into your procedure, especially if on blood thinners or medications to treat diabetes.



Identify a **family member or friend to help with transportation** and to check-in on you once you are home from the hospital.



Make a plan for dependent family member or pet care needs.



Ensure **follow-up appointments** are scheduled after discharge.

TIPS THAT MAY SUPPORT RECOVERY



Follow your healthcare professional's directions. Refer to your discharge instructions often. Remember there may be new medications or changes to your previous medication list.



Recruit a family member or friend to listen in on your discharge instructions. Have a plan for picking up new prescriptions.



Get the best contact number for post-op questions and clarify reasons your doctor would want you to call the office.



Be as mobile as your healthcare professional instructs. Typically, this might involve avoiding heavy lifting or squatting to prevent excess pressure on the catheter access site.

Additional Questions to Ask Your Care Team

How will I feel once I get home?

How active can I be?

How long should I expect to take off work?

When can I drive?

When are my follow-up appointments?