

TRANSCATHETER AORTIC-VALVE REPLACEMENT (TAVR)

Transcatheter aortic-valve replacement (TAVR) is an procedure that aims at reestablishing normal functioning of the aortic valve in patients with valvular stenosis (the valve has narrowed and cannot open completely to allow adequate blood flow) or valvular incompetence (the valve cannot completely close and part of the blood flows back into the chamber it came from).

This nonsurgical intervention consists in replacing the defective aortic valve with a biological valve (artificial valve made with animal tissue) through a catheter (thin, flexible tube) inserted in blood vessels and guided by X-ray to the heart. More specifically, the biological valve is placed inside a stent and then on a small balloon attached to the end of the catheter. Once the catheter reaches the heart valve, the balloon is inflated so that the biological valve can be placed in the diseased aortic valve.

The procedure is done under sedation or sometimes under general anesthesia. The procedure, which takes about 2 hours, is performed in hemodynamics at Fleurimont Hospital.



Healthy valves



Diseased valves



Biological valve

THE DAY BEFORE OR THE MORNING OF THE PROCEDURE

- Your chest, groin, and legs will be shaved. You will then be asked to wash the shaved areas with a mild soap.
- You may also have blood draws.
- A urinary catheter and two IV drips could be installed.

THE DAY OF THE INTERVENTION

- You must refrain from eating anything after midnight, but you can drink liquids (pulp-free, fat-free, dairy-free) up to an hour before you arrive at the hospital.
- You must not wear makeup, lipstick, or nail polish.
- You must remove hairpins, dentures, hearing aids, eyeglasses or contact lenses, underwear, and all jewelry.

THE INTERVENTION

This procedure is performed by a hemodynamic cardiologist with the assistance of a radiology technologist, anesthetist, and nurse.

YOUR HOSPITAL STAY

- You will be transferred to the intensive-care unit for 24 hours or more after the intervention.
- You will have to remain lying in your bed for a minimum of 4 to 6 hours. Afterwards, you will be able to move about (sit, get up, etc.) as recommended.
- The nursing staff will provide regular clinical monitoring (blood pressure, pulse, respiration, level of consciousness, dressing care, etc.).

HOSPITAL DISCHARGE

When you are discharged from the hospital, you'll be able to go home in a car as a passenger. The person escorting you should carry your bags.

If you have far to travel, stop frequently so that you can stretch your legs.

RECOMMENDATIONS

Wound Care

Remove the dressing from your groin 48 hours after the intervention and leave your wound open to the air. Bruising in the groin area is normal.

Hygiene

- Do not take a bath or swim (pool, spa, lake, ocean, etc.) for 7 days.
- You may shower 48 hours after the intervention.

Medication

Take the prescribed medication as directed by the doctor.

Pain management

You can take acetaminophen (Tylenol®) if you experience discomfort at the intervention site.

Cough and sneezing

For the first 7 days after your intervention, apply pressure over the intervention site to prevent bleeding if you cough or sneeze.

Physical exertion

- Do not lift anything weighing more than 6 kg (15 lb) (children, grocery bags, etc.) for 7 days.
- Afterwards, you may progressively resume your normal daily activities as you feel able.

Dentist

- Make sure that you receive regular dental care.
- When you go in for a dental appointment, inform the dentist that you have had an aortic- valve replacement.
- Maintain good oral hygiene.

Motor vehicles

You may resume driving according to your doctor's recommendations.

The Société de l'assurance automobile du Québec (SAAQ) often requires a medical evaluation before you may drive again.

Insurance companies have specific instructions related to driving after a procedure. For more information, contact your company.

SYMPTOMS TO WATCH FOR

See your doctor if you have the following symptoms:

- Worsening pain that isn't relieved by acetaminophen (Tylenol®).
- Bleeding or swelling in the groin.
- Fever (38.5 °C or 101 °F) and chills.



Contact your family doctor.



Call Info-santé at 8-1-1.



Go to the nearest hospital emergency department.

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Revision and Layout

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