

Recovery after TAVI



What to expect:

Set manageable recovery goals

When getting better, aim for goals you can reach and work with your doctor to make a plan just for you. Think about your heart, age, and overall health. Follow the plan to get back to normal bit by bit. Stay upbeat by focusing on the progress you make each day. Celebrate small wins and each step forward. Your hard work will pay off.

Some discomfort is normal

It's common to feel pain where the catheter was inserted, usually in your leg, for a few days after TAVI. This pain typically gets better as you heal. Controlling pain helps you stay active and make progress. You may get a prescription pain medicine to use at home. Check with your doctor before taking any other pain medication. Don't let pain hold you back - ask your care team for help getting relief so you can keep improving every day.

Cardiac rehabilitation can help

Cardiac rehabilitation can be a helpful part of your recovery. A benefit of TAVI on rehabilitation is that you won't have a chest incision to limit you. The support of cardiac rehabilitation groups can help you get back to normal, ask where the closest one is to you.

Slowly get back to your routine

After TAVI, start by walking short distances. Over the next month, slowly increase your activity bit by bit. Follow all instructions on climbing stairs, lifting, and resting. Rushing things can cause issues. Ask your doctor when you can return to your usual routine, driving, work, sex, hobbies, etc. It may take weeks or months to fully resume normal activities, depending on your health. Be patient with yourself and take it step-by-step. Celebrate your progress!

Give your incision time to heal

Plan for your catheter insertion site to take about two weeks to heal after TAVI. Follow directions on bandaging, keeping it dry, and bathing. Bruising can last a few more weeks. Call your doctor if the area gets red, swollen, warm, oozing, bleeding, or opening up. With proper care, your incision will steadily improve. Be patient through the healing process. You've got this.

Stay alert for issues

While recovering, watch for problems and let your doctor know right away if you experience any. Call if you have a fever, flu-feelings, or fast/fluttering heartbeats - these may signal complications. Other red flags are more shortness of breath, chest pain, vision/speech issues, or numb, cool, or discoloured legs. If you notice any of these, call 000 or get medical care immediately. Staying aware helps your team provide the best care.

Be patient as you heal

The goal of recovery is to improve your life and ease symptoms - but it takes time. Work with your doctor to set realistic goals. They'll check your progress as your heart heals. Celebrate wins like hitting recovery milestones. Follow your doctor's advice and call with any worries. Recovery can take effort, focus on your progress one day at a time. With commitment, you'll get stronger and feel better!

Information on this material includes educational information regarding certain conditions and potential therapies or treatment options. Other therapies or treatment options may be available and you should discuss any educational information you access online with your healthcare professional. Appropriate treatment for individuals is a matter for healthcare professionals to decide in consultation with each individual.

Edwards, Edwards Lifesciences, the stylised E logo and NewHeartValve.com.au are trademarks of Edwards Lifesciences Corporation. All other trademarks are the property of their respective owners.

© 2024 Edwards Lifesciences Corporation. All rights reserved. AU-2024-055

Edwards Lifesciences Unit 2, 40 Talavera Road, North Ryde, NSW 2113 Australia.

• Ph: 1800 222 601



NewHeartValve.com.au

Brought to You by Edwards Lifesciences