



GREATER LANSING

TAVR Day of Surgery Instructions

Before leaving the house:

- Remember **NOTHING TO EAT OR DRINK AFTER MIDNIGHT** except tiny sips of water for morning meds
- Remove all jewelry and leave at home in a safe place
- Bring a list of all your medications
- Bring your ID and insurance cards
- Bring a container for dentures and hearing aids, case for glasses, etc.

During the procedure:

- One of the TAVR team members will keep your designated family/friend updated during the TAVR procedure
- If your support person leaves the waiting room area during the procedure, please leave name and phone number where they can be reached
- Cardiologist/surgeon will speak to support person when the procedure is done. It may be a while after this before support person will be allowed to see you.

After the procedure:

- You will lay flat after the groin lines are removed as directed by your physician
- If no signs of bleeding, the head of the bed will be raised slightly. If still no signs of bleeding you will be moved to a chair.
- You will go to ICU or designated unit after your procedure. You will likely be discharged to home the next day.

Expected activity level:

- Up in the chair from 8 a.m. to 8 p.m. daily
- Get up and walk in your room every hour during the day with assistance
- Walk out in the hall with help minimum 4 times daily, increase distance and frequency as tolerated
- Ok to catnap in the chair but **NO** returning to bed during the day
- Keep both legs elevated unless walking
- Hold both groins if you cough or sneeze
- DO NOT** bear down or strain, including for bowel movements
- Shower daily - no tub baths, hot tubs
- No creams, lotions, powders, ointments on surgical sites