



## DISCHARGE INSTRUCTIONS AFTER ATRIAL SEPTAL CLOSURE HOW TO TAKE CARE OF YOURSELF WHEN YOU RETURN HOME

### PUNCTURE SITE CARE

- A lump the size of a quarter is not abnormal and will get smaller with time. If the lump gets larger call your primary care physician.
- Bruising at the site is normal. The bruise will go through many color changes. It may take several weeks to go away completely.
- Soreness will go away within a few days.
- If you develop bleeding or sudden swelling at the femoral puncture site: lie down, apply direct pressure right above the puncture site. If unable to stop the bleeding call 911 or have someone drive you to the closest emergency room.
- Numbness and tingling of the affected extremity should be reported to your primary care physician.
- Acetaminophen 325 mg, take 1-2 tablets every 4 hours for puncture site pain as needed.

### ACTIVITY RESTRICTIONS FOR 48 HOURS FOLLOWING THE PROCEDURE

In order for proper healing of the puncture site to occur, it is important to follow these activity guidelines.

#### You should avoid for 48 hours:

- Lifting, pushing or pulling anything heavier than 10 pounds (e.g., groceries, children, suitcases, wet laundry, and pushing a lawnmower)
- Taking a tub bath (you may shower)
- Excessive bending of the affected wrist (radial approach only) or excessive bending or stooping at the waist or knees (femoral approach only)
- Sex
- Driving
- Returning to your place of employment. If your work involves strenuous labor, check with your UVA physician or nurse practitioner to determine when you may return to work.
- Excessive stair climbing more than a couple of times per day (femoral approach only)

Call your primary care physician for questions after discharge. If unable to reach him/her call your pediatric cardiologist.

## **MEDICATIONS**

- **Aspirin** – 81 mg every day for six months to prevent blood clots from forming.
- **Antibiotics** – will be required for the next six months for endocarditis prophylaxis for certain procedures (i.e. dental cleaning). Ask your doctor which procedures require you to take endocarditis prophylaxis.
- Other medications as prescribed by your physician.

## **ADDITIONAL INFORMATION AFTER ATRIAL SEPTAL CLOSURE**

- If an MRI is needed your device is MRI compatible. Simply inform the MRI staff about the presence of your implant.
- The AGA Medical Company will mail you an atrial septal device identification card within 4 weeks. Be sure to carry your atrial septal device wallet identification card.

## **ACTIVITY RESTRICTIONS**

For 2 weeks you should continue to avoid any vigorous physical activities such as running, jumping and sports activities.

## **FOLLOW-UP**

You will need to follow up with your primary cardiologist or with the physician who performed your procedure in approximately 2 weeks.

## **SYMPTOMS TO LOOK FOR**

- Swelling
- Paleness
- Coolness of affected extremity

## **QUESTIONS / CONCERNS**

If you need to contact a UVa Cardiologist after hours or on weekends, you may call the hospital operator at (434) 924-9119 and ask for the Pediatric Cardiologist on call.

## **SYMPTOMS TO LOOK FOR TO ALERT YOU TO POSSIBLE MEDICAL PROBLEMS**

Call your primary care physician if you experience any of these symptoms:

- Numbness or tingling of the affected extremity.
- Excessive bleeding from the puncture site.
- Redness, drainage, warmth or increased swelling from the puncture site.
- Fever above 100.5 F.
- Shortness of breath at rest or a change in your usual breathing pattern.
- Redness, drainage, warmth or increased swelling from the puncture site.
- Palpitations or fast heart rate while at rest.