



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.