

After Your ASD/PFO Closure

Self-care at home

You had an ASD/PFO closure procedure today. This handout gives care instructions for you to follow for the next few days.

If You Had Sedation

- **A responsible adult must take you home.** You may not take a bus, shuttle, taxi, or any other transportation by yourself.
- For **24 hours** after your procedure:
 - Do **not** drive.
 - Make sure you have a responsible adult who can help you if needed during this time.
 - Do **not** be responsible for the care of anyone else, such as children, pets, or an adult who needs care.
 - Do **not** drink alcohol or take drugs other than the ones your doctors prescribed or suggested.
 - Do **not** make important decisions or sign legal papers.

Activity

- For the **rest of the day** after your procedure:
 - Rest quietly at home
 - Do **not** drive for 24 hours
- Starting 24 hours after you are discharged, you may:
 - Return to light activity
 - Drive
 - Shower
- **For 48 hours** after your procedure:
 - Do **not** do anything that puts stress on your puncture site. This includes housework, gardening, and many self-care tasks.



Rest quietly at home for the rest of the day after your procedure.

Ask for help with any tasks that need to be done during this time.

- You may go up and down stairs, but limit how much you do this.
- **For 7 days** after your procedure:
 - Do **not** lift anything that weighs more than 10 pounds (4.54 kilograms). A gallon of milk weighs almost 9 pounds.
 - Ask someone to help you with chores like the laundry and other tasks that you may need help with.
 - Do **not** hold your breath, bear down, or strain when having a bowel movement.
 - Do **not** allow the puncture site to be covered by water. This means do not take a bath, sit in a hot tub, or go swimming.

Pain Control

- You will most likely be sore for 1 to 2 days at the puncture site where the catheter (tube) was inserted. You may take acetaminophen (Tylenol) to relieve pain. Follow the dose instructions on the package.
- Do **not** take anti-inflammatories such as ibuprofen (Advil, Motrin) or naproxen (Aleve, Naprosyn) for 5 days. They may cause bleeding.
- If your doctor prescribed aspirin for your heart, you may take it as usual. But do **not** take extra aspirin for pain control.

Site Care

- Keep the area clean and dry.
- You may remove the dressing or bandage 24 hours after your procedure.
- After you remove the dressing, gently clean the site with mild soap and water. Do **not** scrub or rub the area. Pat dry with a clean towel.
- For the next 3 days, watch for these signs of infection:
 - Redness around the site
 - Fever higher than 101.5°F (38.6°C)
 - Drainage at the site

- You may have a bruise where the catheter was inserted. It may spread down your leg. It may take 2 to 3 weeks for the bruise to go away.
- If you have swelling or bleeding at the puncture site:
 - Use your fingers or fist to put firm pressure on the area to stop it.
 - If the swelling or bleeding does not stop after 10 minutes, keep pressure on the site and call 206.598.6190. Ask to page the Cardiology I Fellow on call.

When to Call for Help

If you have sudden, heavy bleeding or a lot of swelling at the puncture site, apply pressure to the site and call 911.

Call 206.598.6190 and ask to page the Cardiology I Fellow on call if you have:

- **Drainage** from the site or a lot of **redness** around it.
- **Severe pain** that is not relieved by acetaminophen (Tylenol).

Bleeding

If you have light or moderate bleeding or swelling at the site:

- Use clean fingers to apply pressure on it for 10 minutes.
- If bleeding does not stop or swelling does not go down after 10 minutes, **call 911 right away**. Keep applying pressure until help arrives.

Follow-up Care

- You will most likely see your cardiologist 1 month after your procedure for a follow-up visit. Ask your cardiologist when this visit will be.
- We advise you to have an *echocardiogram* (an imaging test that gives a detailed picture of your heart) 6 months after your ASD/PFO closure. This may be scheduled before you go home after your procedure. If it is not, the cardiology clinic will contact you.

- Keep taking your prescribed medicines unless your cardiologist tells you otherwise. You might have new prescriptions for *antiplatelet* medicine (aspirin or Plavix) after your procedure. Ask your cardiologist if you have any questions.

Important Note About Dental Care

For **6 months** after your ASD/PFO closure, you must take antibiotics before you have any dental work done. Your primary care provider or cardiologist can prescribe this medicine for you.

Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

- **For general questions**, weekdays from 8 a.m. to 5 p.m., call the Heart Institute at 206.598.4300.
- **For questions related to your procedure**, weekdays from 6:30 a.m. to 8 p.m., call Cardiac Procedures at 206.598.7146. Ask to talk with a nurse.
- **For urgent concerns related to your procedure**, or if it is after hours or on a weekend and holiday, call 206.598.6190 and ask to page the Cardiology I Fellow on call.