

Follow-up Care After Your Transcatheter Left Atrial Appendage Closure (LAAC)

What to expect after your Watchman implant

This handout explains your follow-up care after having a transcatheter left atrial appendage closure (LAAC) procedure that uses a Watchman implant.

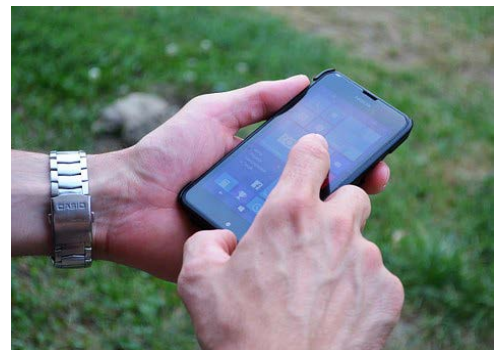
What to Do

- Use “Your Daily Record” on pages 3 and 4 of this handout to record your blood pressure, heart rate, weight, and temperature every day. We also want to know how your incision looks each day. Bring this record with you to your first follow-up visit.
- Take your blood pressure and heart rate **before** you take your morning dose of blood pressure medicine. Check them again **1 to 2 hours after** you take your medicine.
- Weigh yourself at the same time every day. Do this after you first wake up in the morning. Do not wear any clothes when you weigh yourself.
- The area around your incision may be bruised and sore the first week or longer. Call us if the pain gets worse, if you notice swelling, heat, or oozing, or if the bruise spreads or gets darker.

When to Call

For 30 days after your LAAC, call the clinic if:

- You gain 3 to 5 pounds in only 1 to 2 days
- Your ankles swell more
- You have trouble breathing, a new cough, or need to use more pillows under your head so that you can breathe while you sleep



Call us if you have any of these symptoms.

- You cannot eat or drink enough
- You have very bad constipation (hard stools)
- You feel very tired and it is getting worse (*fatigue*)
- Your heart rate is:
 - Higher than 100
 - Lower than 55
- You have heart *palpitations* (rapid, strong, or strange heartbeat)
- Your systolic blood pressure is lower than 100 or higher than 160
- You have any questions or concerns that cannot wait for your follow-up visit

Who to Call

- Weekdays from 9 a.m. to 5 p.m.: Call 206.598.VALV (206.598.8258) and ask to talk with a nurse or nurse practitioner.
- After hours and on weekends and holidays, call 206.598.6190 and ask to page the Interventional Cardiologist on call.

Urgent Care Needs

Call 911 or go to the nearest emergency department **right away** if you have:

- Severe or sudden shortness of breath
- Chest pain that does not ease when you rest or take nitroglycerin
- New confusion or you cannot think clearly (these could be symptoms of a stroke)
- A bad dizzy spell or you fainted

Dental Work After LAAC

Avoid dental visits for 3 to 6 months after your procedure. If your teeth need care during this time, tell your dentist that you have had a heart procedure and will need antibiotics before your visit. You will need antibiotics before any dental work, even a dental exam or routine cleaning. This is done to protect your heart from infection.

Follow this precaution for 6 months after your procedure. If your dental office has any questions, ask them contact us.

Your Daily Record

Follow the instructions on page 1 of this handout. Bring this record to your first follow-up visit:

Date	Weight	Temperature	Blood Pressure at Rest	Heart Rate at Rest	How Your Incision Looks	Notes

Date	Weight	Temperature	Blood Pressure at Rest	Heart Rate at Rest	How Your Incision Looks	Notes

Questions?

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

Weekdays from 9 a.m. to 5 p.m.: Call the Heart Institute at 206.598.VALV (206.598.8258).

After hours or on holidays or weekends: Call 206.598.6190 and ask to page the Structural Heart Clinic nurse, nurse practitioner, or the Interventional Cardiologist on call.