After Your ASD/PFO Procedure

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.

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 from your procedure, 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. 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 5 days after your procedure:

- Do not lift more than 5 pounds (2.3 kilograms). A 2-liter bottle of soda weighs about 4½ pounds.

- 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

- 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.

• If your pain at the puncture site is not eased by acetaminophen, call 206.598.6190 and ask for the Cardiology I Fellow on call to be paged.

Site Care
• You may remove the dressing or bandage 24 hours after your procedure.
• Keep the area clean and dry.
• 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 6 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 for the Cardiology I Fellow on call to be paged.

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 for the Cardiology I Fellow on call to be paged if you have:

• Swelling or blood oozing where the catheter was inserted, that does not stop after you apply pressure for 10 minutes.

• Drainage from the site or a lot of redness around it.

• Severe pain that is not relieved by acetaminophen (Tylenol).

Follow-up Care
• You will most likely be scheduled for a follow-up visit with your cardiologist in 1 month, or as instructed by your cardiologist.

• We recommend you 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. Be aware you might have new prescriptions for antiplatelet medicine (aspirin or Plavix) after your procedure. Ask your cardiologist if you have any questions.

• **IMPORTANT: 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.

• If you have questions or concerns about your ASD/PFO closure procedure, call the Interventional Cardiac Recovery Unit (ICRU) at 206.598.7146, weekdays from 6:30 a.m. to 8 p.m.

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**Questions?**

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns. UWMC clinic staff are also available to help.

For procedure-related questions, call the ICRU at 206.598.7146 weekdays from 6:30 a.m. to 8 p.m., and ask to speak to a nurse.

For urgent procedure-related concerns after hours and on weekends and holidays, call 206.598.6190 and ask for the “Cardiology I Fellow on call” to be paged.