After Your ASD/PFO Closure

Self-care after your procedure

Activity

- For the rest of the day after your procedure:
  - Rest quietly at home.
  - Do not drive.
- Do not lift more than 5 pounds for 3 days.
- On the day after your procedure, you may return to light activity and you may drive.
- It is OK to go up and down stairs, but limit how much stair climbing you do.
- Avoid strenuous activity for 48 hours.

Pain

- It is common to be sore for 1 to 2 days at the catheter insertion site. You may take acetaminophen (Tylenol) for pain relief. Follow the dosing instructions on the package.
- Take your regular aspirin as prescribed.
- Do not take other products that contain aspirin. Do not take other anti-inflammatory products such as ibuprofen (Advil, Motrin) or naproxen (Aleve, Naprosyn). They may cause increased bleeding.
- If you have severe pain, or swelling at the catheter site, call the cardiologist who did your procedure.

Site Care

- You may remove the dressing (bandage) the day after your procedure.
- Keep the site clean and dry.
- You may shower the day after your procedure, but avoid tub baths, hot tubs, or swimming for 3 days.
- Inspect the site for redness or drainage for the next 3 days.
- You may have a bruise at the insertion site. It might spread down your leg over the next day. It may take 2 to 6 weeks to go away.
Questions?

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

For procedure questions, call the ICRU at 206-598-7146 weekdays from 6:30 a.m. to 11 p.m.

After hours and on weekends and holidays, call 206-598-6190 and ask for Procedural Cardiology Fellow on call to be paged.

When to Call for Help

If you have heavy bleeding or a large amount of swelling, apply pressure to the site and call 9-1-1.

Call the cardiologist who did your procedure if you have:

- Swelling or oozing at the site. Apply pressure on top of the bandage with your fingers for 10 minutes. If the swelling or oozing has not stopped, continue to apply pressure at the site.

- Any of these signs of infection:
  - Redness
  - Fever higher than 101.5°F (38.6°C)
  - Drainage

- Severe pain that is not relieved by 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.

- An echocardiogram (an imaging test that gives a detailed picture of your heart) is recommended 6 months after your procedure. This may be scheduled before you go home after your ASD/PFO closure. If it is not, you will receive a written note to call for an appointment.

- Continue your prescribed medicines unless your cardiologist tells you otherwise. Also, take the antiplatelet medicine (aspirin or Plavix) after your procedure, as advised.

Other medicine instructions: _____________________________

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- IMPORTANT: For 6 months after your ASD/PFO closure, you will need to 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 11 p.m.