

Discharge information

following
BAV procedure
(Balloon Aortic Valvuloplasty)



**ST VINCENT'S
PRIVATE HOSPITAL**
NORTHSIDE

A FACILITY OF ST VINCENT'S HEALTH AUSTRALIA

*Sections of this booklet have been adapted from documentation kindly provided
by The Prince Charles Hospital, Queensland Health.*

*Information contained within this booklet was accurate at the time of printing (November 2020).
Whilst every effort is made to keep this information up-to-date, it is subject to change.*

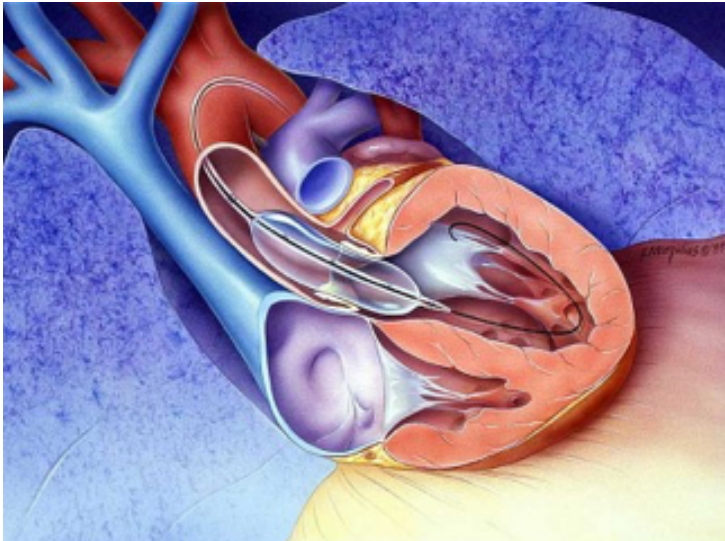
Balloon Aortic Valvuloplasty (BAV)

You have recently undergone a procedure called a Balloon Aortic Valvuloplasty (BAV).

In this procedure we have inserted across your aortic valve a catheter with a balloon on it. This balloon was then inflated to help open up the valve and improve blood flow from your heart out into your body. The balloon was then deflated and removed from your body.

In this booklet you will find information about caring for yourself now that you are going home – what to watch out for and what to expect.

If you have any further questions after reading this information you can speak to the nursing staff before you are discharged.



Care after your procedure

Going home

- You will need someone to be at home with you when you first go home.
- If you live alone you may need someone to come and stay with you at least for the first week, or arrange to stay with someone else for that time.
- If this is not possible please let the nursing staff know so we can try to arrange community services for your initial period at home.

Medications

- You may be started on some new medication prior to leaving the hospital. It is important that you continue taking this medication until your Cardiologist tells you to stop. If your local doctor has any questions about this medication they should discuss this with your Cardiologist.
- Before being discharged, it is important for you to feel confident about taking your medication. If you are at all unsure – please ask to speak with your ward Pharmacist.
- You should also receive a list of your new medications to give to your GP after discharge.

Follow-up appointments

- You will need to see your GP 1–2 weeks after discharge from hospital. Make sure you take your new medication list and your discharge summary from this hospital to your appointment.
- Your Cardiologist will wish to see you for a follow-up consultation within 6–8 weeks of your procedure. Instructions regarding the specific timing for this appointment will be provided to you by our Hospital ward staff upon discharge.
- If you are from regional Queensland please ensure staff have confirmed with your Cardiologist who will need to see you for your follow-up consultation.
- If you are proceeding on to further management through the Heart Valve Team you will receive a phone call from our Heart Team Clinical Nurse Consultant to discuss the process with you further and give you a booking date for your next procedure.

Care of the puncture site

You will have had a puncture (typically) in your right groin. This area may be bruised and tender to touch. However the site should not have any swelling that comes up very quickly or bleeding.

If you notice either of these things you will need to seek medical attention immediately.

Until the puncture site heals, check every day for:

- redness and warmth around the puncture site that does not go away
- yellow or green drainage from the wound
- fever and chills
- numbness in your legs that is getting worse
- pain in the puncture site that is getting worse.

Other considerations

Driving

- You must not drive for at least two weeks.
- You will require clearance from your GP before you may begin driving.
- As a Queensland driver license holder you must report any medical condition that may affect your ability to drive safely to the Department of Transport and Main Roads.
- Legislation relating to your requirement to report medical conditions is called 'Jets Law'. Your nurse should provide a brochure explaining this further before discharge.

Nutrition and fluids

- Eating well is an important part of your recovery. Eat nutritious food every day.
- If you had to restrict your fluid intake prior to your procedure you must continue to do so after, until you consult with your GP/Cardiologist.
- You should also continue with your daily weights.

Activity and exercise

- People recover at different rates depending upon their general health before the procedure.
- Daily activity and exercise are an important part of your recovery.
- As you have had this procedure through your groin – do not lift, push or pull anything weighing more than 3kg for at least one week.
- Avoid vacuuming, lifting heavy laundry, groceries or gardening for at least one week. This will allow the puncture in groin time to heal properly.
- If you are tired or short of breath with any exercise then you will need to stop and rest until you feel better.

Simple guide to activity

Until you begin your rehabilitation program follow the simple steps outlined in the table on page 5.

Follow these guidelines:

- move from Step 1 to Step 4 at your own pace
- take 2–7 days to complete each step
- always pay attention to how you feel whenever you increase your activities or add a new activity
- if you have any symptoms (unusual tiredness, shortness of breath, chest pain or dizziness), you must stop the activity and go back to the step where you experienced no symptoms
- **if you have ongoing chest pain or increased shortness of breath that has a sudden onset – call 000.**

	At home	Walking
Step 1	<ul style="list-style-type: none"> • Get up and get dressed. • Take care of your personal needs such as washing and making simple meals. • Keep your activities easy, for short amounts of time, and with many rest periods. 	<ul style="list-style-type: none"> • Walk around your home. • Take the stairs slowly.
Step 2	<ul style="list-style-type: none"> • Slowly return to activities around the home that don't involve a long time standing or using your arms (as this causes more strain on the body). 	<ul style="list-style-type: none"> • These walks should feel 'light' or 'easy'. • Walk for 5–10 minutes at a time, once or twice a day (e.g. morning and afternoon walks). • Stay close to home. • Avoid hills.
Step 3	<ul style="list-style-type: none"> • Do a few more activities around the house – like making your bed, making simple meals, watering plants. 	<ul style="list-style-type: none"> • These walks should feel 'easy' • Continue to walk once or twice each day. • Over several days, make your walks longer. For example add 5 minutes every day or two.
Step 4	<ul style="list-style-type: none"> • Slowly return to your normal routine and activities again – like shopping, light gardening, going out with friends. 	<ul style="list-style-type: none"> • Continue to walk at an easy pace once or twice a day.

Remember: If you are getting short of breath easily or tired then you need to stop.

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