



AKADEMISKA  
SJUKHUSET

# Before your TAVI procedure

Patient information



This information has been designed for patients who will be undergoing aortic valve (TAVI) procedure at Akademiska sjukhuset.



## If you have questions, please contact:

Log in to [www.1177.se](http://www.1177.se)

Preoperative Clinic

Cardiothoracic Surgery Ward 50D

Cardiothoracic Intensive Care Unit 50B

Surgical Planning

018 611 40 02

018 611 40 01

018 611 40 11

018 611 40 20



Turn the page for  
more information!

# Welcome to Thoraxkliniken

Thoraxkliniken consists of the Cardiothoracic Surgery Unit, the Cardiothoracic Intensive Care Unit (TIVA), and Cardiothoracic Surgery Ward 50D. We have many years of experience in heart and lung surgery. We want your days at the hospital to be as good as possible.

## Admission appointment

You will be called in to the Preoperative Clinic at Cardiothoracic Surgery Ward 50D, which is located adjacent to Entrance 50 on Floor 2. There you will meet various staff members, including ward physicians and anesthesiologists. This is usually an outpatient appointment, which means that you will go home the same day and come back the day before your scheduled surgery. In some cases, you may be admitted the day before the scheduled surgery. If this is the case, you will already have received this information from us.

**Important!** – If you are taking any blood-thinning medications, get in touch with the nurses in Surgical Planning. Phone numbers can be found on the first page of this document.

## Things to keep in mind prior to your admission

Prior to admission, you must have taken a preoperative double shower the day before surgery; see the showering instructions on a separate page.

You are responsible for bringing your own medications, and it is up to you to remember to take them, up to and including the evening before your operation date. Bring the original packaging of your medications with you, not just a dosette box. If you use an inhaler, eye drops or insulin, bring them with you to the ward.

Feel free to bring your own toiletries, shaving implements, and slippers, but try to take as few valuables with you as possible. Please note that the hospital is not responsible for your valuables. You must leave your walker/wheelchair at home. You can borrow one from us during your stay. Pack comfortable clothes for the trip home.

## The night before your operation

Regardless of where they are coming from, we do our best to plan things so that all our patients can stay in the ward the night before surgery.

If you live in Uppsala and the surrounding area, you may be able to sleep at home the night before surgery and then return to the Inpatient Ward the morning of the day of your operation.

## The operation

The procedure will take about 1 to 2 hours. The valve is usually inserted into the body by threading it through one of the arteries in your groin. A thin catheter is inserted into the other side of your groin and used to inject contrast media. The contrast media helps ensure the correct placement of the valve. The new valve is inserted via the groin and reaches the diseased aortic valve via the aorta. Once the valve is in place, the catheters in the groin are removed and the surgical wounds are closed with internal, dissolvable stitches. Sometimes a temporary pacemaker may be needed to help control your heart rhythm. The pacemaker is connected to the heart via a tube on the neck or in the groin. Once the procedure is finished, the surgeon will call your designated contact person and inform them of the outcome of the operation.

## After the operation

### **Recovery Room for the Cardiothoracic Intensive Care Unit (TUVA)**

You will be cared for here until you have properly woken up and everything is stable in terms of your heart rate, blood pressure, pain, and blood oxygen levels. This takes different amounts of time, depending on the type of surgery, but usually one to four hours. After the operation, you must lie on your back in bed for at least four hours. On one wrist, you will wear a pressure bandage that usually remains in place throughout the day of surgery. There are always staff on hand in the Recovery Room to make sure you're doing alright. In the Recovery Room, you will be offered something to drink before you are transferred back to the Inpatient Ward.

We will be happy to help you call any loved ones from our phone, as you are not allowed to use your mobile phone in the Recovery Room. Relatives are not normally permitted to visit until you are back in the Inpatient Ward.

### **Cardiothoracic Surgery Ward 50D**

After your stay at TUVA, you can move back to the Inpatient Ward. Every morning, the doctors and nurses meet and make rounds. During the day, there are doctors on the ward. On weekends, there is a doctor on call. The rounds are shorter, and the doctor does not always go around to all the patients.

After the operation, an ultrasound of your heart will be done to check that the new valve is working properly.

For the first week after surgery, you should avoid carrying heavy loads, so that the wounds have time to heal without strain.

## Heading home

How long you have to stay in the hospital after your operation depends on how you feel. If you are from Uppsala, you will stay 1 to 3 days before you are discharged directly to your home. If you are not from Uppsala and the surrounding area, you will stay for 1 to 3 days before you can move back to your local hospital. You will be transported there by ambulance, and we will take care of all communication with your local hospital. You will receive more information about what to keep in mind during a discharge conversation with a doctor and nurse.

This operation can also be performed as a day surgery, in which case you will already have been informed about this.

## Sick leave

The length of your postoperative sick leave will vary depending on your profession and how you feel, but usually lasts around 1 month. Once you are back at home, it is important to listen to your body and only do what you can handle. It may be a good idea to avoid heavy manual labor for the first month and to ease back into your various household chores.

## Follow-up appointment

If you live in Uppsala, you will be called in for a follow-up appointment at the Cardiac Clinic at Uppsala University Hospital one month after the operation has been performed. If you are not from Uppsala, your local hospital will handle your follow-up.



### 1177

You will find information and services for your health on the website 1177.se. For health care advice call 1177, open 24 hours a day.



### Contact Akademiska

Akademiska sjukhuset can be contacted via:  
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