



Patient Instructions : ASD and PFO Closure

You have been scheduled to have your pfo/asd closed by
Dr. _____

The date of your procedure is _____

Hospital location: LDS Hospital Cardiac Short Stay/ North seven. Call 801-408-5772 after 3pm the day before to find out arrival time.

Medication instructions:

- Aspirin 325mg at least 3 days before procedure
- Stop plavix 75mg 3 days before your procedure
- Stop Coumadin 3 days before procedure
- Day of the procedure: no medications, nothing to eat, nothing to drink 12 hours prior to your procedure.

Discharge instructions:

- Aspirin 325mg for 6 months after procedure
- Plavix 75mg for 3 to 6 months after procedure
- **Do not discontinue these medications without checking with the Utah Heart Clinic first!!**
- Keflex for 2 days

Activity Restrictions:

- Do not drive for 2 days
- Resume all normal activities after 2 days with 2 restrictions:
 1. avoid lifting over 50 pounds for one month
 2. no contact sports or high level aerobic activity for one month

Dental care Restrictions:

NO DENTAL WORK FOR 30 DAYS PRIOR AND 6 MONTHS POST PROCEDURE

- No routine dental care for 6 months (including cleanings)
- Antibiotics (your dentist can provide) for any urgent or emergent care during the first 6 months. Please inform your dentist. Antibiotics are not needed after 6 months.

Surgery

NO ELECTIVE SURGERY FOR 6 MONTHS. Stopping Aspirin/ Plavix before 6 months from procedure and having surgery greatly increases the risk of stroke.

What To Expect.....

- Incision site – bruising, tenderness, pea-size lump are normal.
- Palpitations: awareness of heartbeat, fluttering, skipping, feeling short of breath, lump in throat are common – these require no treatment.

- Chest pressure, tightness, mild discomfort in chest area are common – ibuprofen helps to relieve chest pressure/tightness
- Bruising / Bleeding – more common because of Plavix/Aspirin use. Do not stop taking medication.
- Migraines or headaches are common after the procedure. They will not resolve right away and it does not mean that anything is wrong with the device.
- Mild neurological symptoms such as; numbness and tingling in the upper or lower extremities may occur while healing.

When to be concerned....

- Fever from an unknown cause.
- Neurological symptoms such as; loss of vision, paralysis, inability to speak need to be evaluated by the Utah Heart Clinic with an echocardiogram.
- Severe chest pain or sustained fast heart rate need to be evaluated by the Utah Heart Clinic

Whom to call...

- Primary care doctor for routine care.
- Neurologist; for headache or migraine symptoms
- Utah heart clinic; for device related problems such as chest pain, neurological symptoms as stated above, severe persistent Heart Rate disturbances

Follow up

- one month follow up phone call
- three month follow up tcd and bubble echo
- 5% of patients need a 6 month tcd and bubble echo

Your contact resources are:

Heather Aguilar, RN
Neurovascular Coordinator
ha@sorensenmd.com

Or call The Sorensen Cardiovascular Group @ 801.408.8420