



SORENSEN
CARDIOVASCULAR GROUP

PATIENT INSTRUCTIONS FOR SEPTAL DEFECT CLOSURE

DATE OF YOUR PROCEDURE: _____

You have been scheduled to have your Septal Defect closure by Dr Sherman Sorensen. Below are the instructions to be followed before and after your procedure.

MEDICATION INSTRUCTIONS:

- Every patient should be on **ASPIRIN 325mg** at least three days before your procedure.
- If you are currently taking Plavix 75mg, please **stop** three days before your procedure.
- If you are currently taking Coumadin, please **stop** three days before your procedure.
- Please do not have anything to eat or drink after midnight the night before your procedure. Do not take any of your medications the day of your procedure. Please bring your medications with you to the hospital.

DISCHARGE INSTRUCTIONS:

- Please take **Aspirin 325mg** daily for **6 months** after your procedure.
- Please take **Plavix 75mg** daily for **3 to 6 months** after your procedure.
- Please take **Keflex 500mg** for two days.
- **Do not discontinue any of these medications without first checking with the Sorensen Cardiovascular Group.**

ACTIVITY RESTRICTIONS:

- Do not operate a motor vehicle for two days following the procedure.
- You may resume you normal activities 3 to 4 days after your procedure with two restrictions in place for **one month** following your procedure:
 1. **No lifting, push or pulling more than fifty (50) pounds.**
 2. **No contact sports, strenuous activity or exercise for one month.**

DENTAL CARE RESTRICTIONS:

- **No routine dental care for 6 months (including cleanings)**
- If you should need emergency dental care, your dentist will need to provide you with a prescription for antibiotic coverage to be taken at least one hour before any dental procedures.

SURGERY:

- **No elective surgery for 6 months.**
- Stopping Aspirin and Plavix before the 3 to 6 months following the procedure can increase the risk of stroke after any elective surgery.

WHAT TO EXPECT:

- **INCISION SITE:** Bruising, tenderness, and a pea-size lump are normal. Minor oozing is common but abdominal pain, heavy bleeding, pain going down your leg is not normal. Please contact Sorensen Cardiovascular Group if you are experiencing any of these problems.
- **PALPITATIONS:** Awareness of heartbeat, fluttering, skipping, feelings of shortness of breath, and lump in the throat are common. These do not require any treatment and are

generally intermittent. If you are experiencing these symptoms continuously for more than two hours, please contact the office

- **CHEST PRESSURE, TIGHTNESS, SHARP CHEST PAINS, DISCOMFORT** in the chest are common; Ibuprofen helps to relieve chest pressure and tightness. You may take Ibuprofen 800mg up to twice per day to alleviate these symptoms. If Ibuprofen does not alleviate the symptoms, please call the office.
- **BRUISING / BLEEDING:** These symptoms are more common because of Plavix and Aspirin use. Do not stop taking these medications unless directed by our office. Women who have menses may experience some heavy bleeding in the first month of their menstrual cycle after starting these medications.
- **MIGRAINES / HEADACHES** are common after the procedure. They will not resolve right away and it does not mean that anything is wrong with the device. Your migraine headaches may actually be more severe/frequent in the first month. You should continue to treat your migraines as you normally would.
- **MILD NEUROLOGIC SYMPTOMS** such as numbness and tingling in the extremities may occur while healing. If you have concerns regarding these symptoms, please contact the office as well as your neurologist. An echocardiogram may be required to ensure device position.

WHEN TO BE CONCERNED:

- Fever from an unknown cause.
- Neurological symptoms such as; loss of vision, paralysis, and inability to speak. These symptoms need to be evaluated by the Sorensen Cardiovascular Group with an echocardiogram. Your neurologist should also be contacted.
- Severe chest pain or sustained fast heart rate need to be evaluated by the Sorensen Cardiovascular Group.

WHOM TO CALL:

- You should contact your primary care doctor for routine care or for anything not listed on this instruction sheet.
- You should contact your neurologist for severe headache or migraine symptoms that are not alleviated by medication.
- You should contact Sorensen Cardiovascular Group for device related problems such as chest pain, neurologic symptoms, and severe and persistent heart rate disturbances.

FOLLOW UP SCHEDULE:

- Any patient having a septal defect closure (PFO or ASD) needs to have an echocardiogram **one month** after the procedure. Please contact the office after the procedure to schedule this appointment.
- Each patient will have a **three month** follow up which includes a Bubble Echocardiogram and Transcranial Doppler (TCD). At this time, it will be determined if a six month follow up is needed.
- An Echocardiogram is done **one year** following Septal Defect Closure.

Any questions or concerns, please contact:

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