

Oxford Heart Centre

Discharge advice after the closure
of your Patent Foramen Ovale (PFO)
or Atrial Septal Defect (ASD)

Information for patients



This booklet contains important information. Please read it carefully. It contains advice about discharge after your cardiac procedure, whether you have had a patent foramen ovale (PFO) or atrial septal defect (ASD) closure. It also contains information about what to do when you get home.

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1. Discharge summary

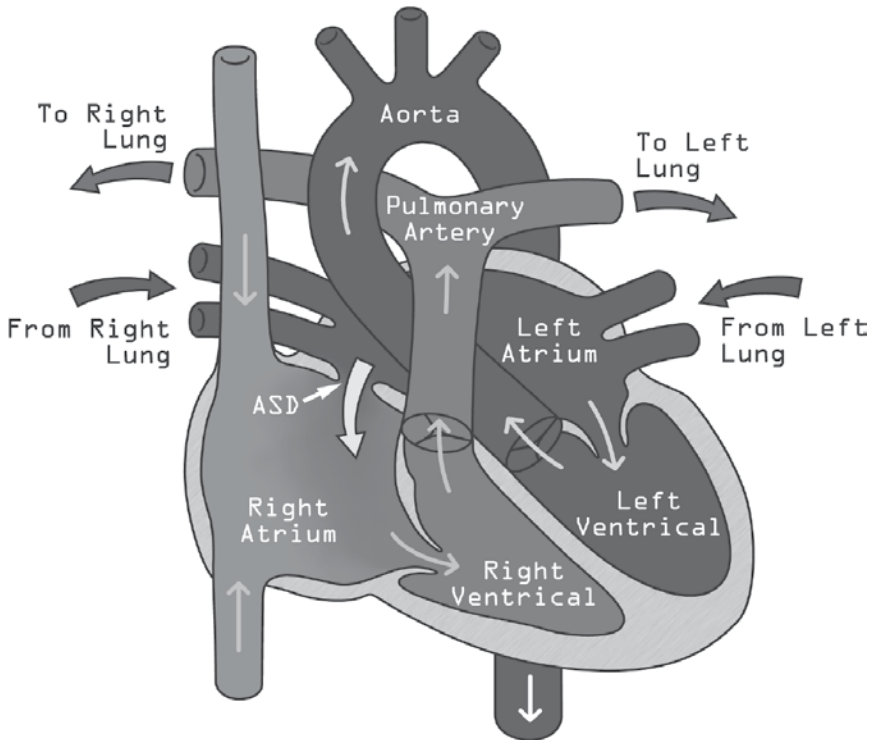
The procedure you had was

The results of your procedure were:

Your consultant at the John Radcliffe Hospital is:

(Your consultant at your local hospital is:

.....)



Approximately two weeks after your discharge we will send a summary of your hospital stay to your GP or to the Consultant who referred you, explaining your outcome and planned treatment.

Follow-up

(Your nurse will tick the section applicable to you)

- You will be sent an outpatient appointment for the clinic of:

.....

(This appointment will be sent in the post. If you do not receive an appointment date within 6 weeks, please call your local hospital and ask to speak to the secretary of your local Consultant.)

OR

- You will not be sent an outpatient appointment. If you have any further problems please contact your GP.

Transport to your outpatient appointments

If you have difficulty in getting to your outpatient appointments your GP surgery may have the phone numbers of voluntary transport schemes which operate at subsidized rates. For Oxfordshire patients a directory of these services is available at www.oxonrcc.org.uk.

2. What to do when you get home

After your procedure you should have a quiet evening resting the limb that was used for access. You may eat and drink as normal, but do not drink any alcohol. You may sleep in your usual position at night time. The next morning you can shower or have a bath as normal.

Wound care

Femoral vein (groin)

- The plaster or bandage can be removed the day after your procedure and does not need to be replaced.
- Avoid any lifting or strenuous activity for 72 hours as this increases the pressure in the groin area, making it more likely that the wound will bleed (see below).
- It is rare for serious complications to occur after these procedures. The most common problem is for a bruise to form at the insertion site, which may be uncomfortable for a few days. If this becomes swollen or very red and more painful, please contact your GP immediately as the wound may need further attention.

Bleeding

It is rare to have severe bleeding from the insertion site once you are at home. If bleeding does occur you must:

- Lie flat
- Apply pressure to the insertion site for 10 minutes
- If bleeding doesn't stop, ask someone to call 999.

Though bleeding is rare, if you are a day patient someone needs to stay with you overnight on the day of your procedure.

Driving

Although there are no specific DVLA driving restrictions after these procedures, we strongly recommend that you do not drive for 3 days after closure of a PFO or ASD. This is to allow time for the wound in your groin to heal properly.

Return to work

You may return to work on

3. Medication

Changes in your medication are either listed below or we will give you an information sheet explaining your medication. Your nurse will go through this list with you.

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.....

Your nurse will tick the sections which apply to you:

- You will need to take **aspirin** for the next 6 months. This will prevent the risk of a blood clot forming around the special closure device.

- If you suffer from migraine headaches, your Cardiologist will instruct you to take a tablet called **Clopidogrel** for a minimum of months. This is a 'super-aspirin' and prevents the risk of a blood clot forming around the special closure device.
You must take this as well as your aspirin.

- After closure of a patent foramen ovale (PFO) or atrial septal defect (ASD), it is important that you have **antibiotics before** any dental work or any surgical procedures during the next 6 months.

If you have difficulties with your dentist or GP prescribing antibiotics, please contact your Cardiologist or Jan Keenan, Cardiac Nurse Consultant, at the John Radcliffe Hospital on 01865 741166 bleep 1128.

Before any procedures are carried out, always tell any medical or dental staff that you have had a hole in your heart closed. This is recommended by your Cardiologist. You should always have regular dental check-ups, i.e. every 6 months.

Before your discharge we will give you a special British Heart Foundation card about antibiotics to carry with you.

4. How to contact us

If you have any questions or concerns about your procedure within 48 hours of your discharge, please contact the ward you were a patient on, and the nurses will do their best to help.

Ward:

Telephone: (01865)

After 48 hours, please contact your GP for advice.

5. Further information

The booklet is designed to complement other publications available about heart disease and cardiac procedures. The British Heart Foundation produces a number of patient leaflets which can be ordered from them or downloaded from their website.

British Heart Foundation
14 Fitzhardinge Street
London W1H 6DH
www.bhf.org.uk

You may also find information on the NHS Direct website useful.
NHS Direct: 0845 4647
www.nhsdirect.nhs.uk

Our hospital website has information on all our cardiac services.
www.oxfordradcliffe.nhs.uk

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This booklet has been produced through the collaboration of doctors, nurses and patients. We welcome your feedback.

If you have any comments about the content of this booklet please put them in writing to:

Practice Development Nurse
Cardiac Medicine
Cardiac Angiography, Pacing and Day Care Unit
John Radcliffe Hospital
Oxford OX3 9DU

If you need an interpreter or need a document in another language, large print, Braille or audio version, please call **01865 221473** or email **PALSJR@orh.nhs.uk**

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