Caring for Yourself after Percutaneous Atrial Septal Defect (ASD) or Patent Foramen Ovale (PFO) Closure

You had an ASD or PFO closure on _______________ through the

RIGHT / LEFT FEMORAL VEIN

Going Home
- Have someone drive you home. You should not drive at all today.
- If medicine was used to help you relax during the procedure, you should not make important decisions until the next day.
- Rest quietly for the rest of the day.

Follow-up Visits
You will have a follow up echocardiogram in _______________ month(s).

Incision Care
- You may shower 24 hours after the closure.
- Remove the Band-Aid® over the site before taking a shower.
- Gently clean the site with soap and water. Pat dry and leave open to air. Do this for three days.
- Keep the site clean and dry.

Look at the site daily for any signs of infection:
- Redness
- Swelling
- Drainage
- Warmth over the site
- Increased tenderness
- Fever (101°F or greater)

Pain
If you have pain, you may take any mild pain reliever that has worked for you in the past. Some examples are Tylenol® tablet 325mg every 4-6 hours or Motrin® /ibuprofen tablet 200 mg every 6-8 hours.

Activity Restrictions
For the next 5 days:
- Do not lift more than 10 pounds
- Do not strain
- No vigorous activity
- Do not sit in a bathtub, hot tub, or go into a swimming pool

Medicines
- You will need to take both aspirin and Plavix® (clopidogrel) every day for the next 6 months or longer.
- For the next 6 months, you will need to take antibiotics before certain medical procedures.
- Your doctor will make the decision if you are to keep taking these medicines beyond the 6 months.
- If you are not able to pay for these medicines, tell your nurse or pharmacist.

Keep taking your present medicines as prescribed. Tell your doctor if you have any side effects. Do not stop taking aspirin or Plavix® (clopidogrel) without speaking with your cardiologist first.
What to Expect
- Soreness or tenderness at the site. This may last for about one week.
- Small amount of bloody drainage at the site for a day or two.
- There may be a bruise at the site. This could take 2-3 weeks to go away.
- A small lump (dime to quarter size) may form at the site. This could last up to 6 weeks.

When to Call
Call the doctor the same day if:
- You have any signs of infection
- You have severe pain at or near the site or in your back or belly
- You have chest pain or increased shortness of breath

Call 911 for emergency help if:
- You have bleeding or sudden swelling at the site.
- Apply direct pressure to the site and call for 911. Continue to hold pressure until help arrives.
- If your leg becomes numb, cold, or turns blue or you have severe pain.

Who to Call
- UW Cardiovascular Medicine Clinic:
  - Monday to Friday call (608) 263-1530.
  - After hours, nights, weekends, and holidays, the paging operator will answer this number. Ask for the Cardiology doctor on call. Give the operator your full name and phone number with the area code. The doctor will call you back.
- If you live out of the area, call 1-800-323-8942.

Return to Work
You may return to work on ________________.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person’s health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 10/2017 University of Wisconsin Hospital and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#7226