Going home after we have closed your ASD or PFO

Information for patients and families

Read this booklet to learn:

• how to care for the wound
• when to get medical help
• which activities to avoid for the first few weeks
• what medicines you need to take
• about your follow-up appointments

During your hospital stay, we closed your:

☐ Atrial Septal Defect (ASD)
☐ Patent Foramen Ovale (PFO)
How do I care for the wound at my groin?

Before you go home from the hospital, we will change your bandage. We will put a small Band-Aid® on the wound. Please tell us if you have an allergy to these bandages.

To wash, take showers for the first 7 days after your procedure. Don’t sit in a bathtub. This can make your groin site bleed.

You may notice a small amount of bruising around the wound. This is normal.

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<th>If your wound starts bleeding:</th>
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<td>1. Lie down right away.</td>
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<td>2. Press firmly with your fingers just above the wound. Do this until the bleeding stops.</td>
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<td>3. If the bleeding doesn’t stop after 30 minutes, go to your nearest emergency department.</td>
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What other problems should I watch for?

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<th>Go to the nearest emergency department if:</th>
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<td>• your leg is painful, cold, red, swollen or has changed colour</td>
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<td>• you have a fever</td>
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<td>• there is pus (white or yellow liquid) coming out of the wound</td>
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<td>• you suddenly feel short of breath or have trouble breathing</td>
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<tr>
<td>• you have severe pain or swelling at the puncture site (wound) or in your lower belly above the wound</td>
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</table>
What activities can I do when I get home?

Driving
You can drive your car 48 hours after your procedure. If you need to travel for a long time, stop and walk around once every hour. If you drive a commercial vehicle (truck or tractor), ask your doctor when you can start to drive again.

Stairs
You can climb stairs if you need to. Please limit how often you go up and down. Try to organize your tasks to limit your trips. This will help keep the leg used in the procedure from bleeding.

Exercise and sports
During the first week, you can walk at a normal pace. After 2 weeks, you can start aerobic exercises. Gradually increase how hard you exercise and how often you exercise based on how you feel.

Don’t play contact sports (such as karate, hockey, baseball, soccer or skiing) for 1 month after your repair.

Sexual activity
You can begin sexual activity 3 days after your repair.

When can I go back to work?
If you work at a job where you usually sit, you can go back to work about 3 days after your repair. If you do physical labour, you need to stay off work for 1 week.
Can I travel by plane?

If you came by plane, you can take a plane home 48 hours after your procedure. Walk in the aisles of the plane at least once every hour. This will help keep the blood in your leg moving. Don’t travel by plane for other reasons (such as business trips or vacation) for at least 1 week until your leg heals.

What medicines do I need to take?

If we closed your Atrial Septal Defect:

You will take 1 Aspirin® 81 milligrams tablet every day for 6 months.

If you need Coumadin® for a different medical problem (such as atrial fibrillation), your doctor will tell you.

If we closed your Patent Foramen Ovale:

You will take Aspirin and Clopidogrel (Plavix®) every day for 6 months:

- Clopidogrel (Plavix®) 75 milligram tablet
- Aspirin® 81 milligram tablet

This helps to stop clots from forming on your device.

Will I take Coumadin?

You will not take Coumadin® unless you are using it for a different medical condition such as atrial fibrillation or blood clots. If you do need it, your doctor will tell you how long to take it.
When do I need to take antibiotics?

Within the first 6 months after your procedure, you need to take antibiotics if you are having:

- any dental work
- any surgery involving your bladder, stomach or lungs

You will need to take an antibiotic at least 1 hour before your appointment. Your dentist or family doctor can give you the prescription. Please tell your doctor before you have any of these procedures.

What happens next?

You will have a follow-up visit with Dr. Horlick or Dr. Osten 8 to 12 weeks after your procedure. The Congenital Cardiac Clinic will set up your follow-up appointment and send you the information in the mail.

If you need more information about your follow-up, please contact the **Ambulatory Cardiac Clinic** at:

- Phone: 416 340 5309
- Toll-free: 1 888 UHN HART
- Fax: 416 340 4127
- Email: pmcc_acc@uhn.ca

At this appointment you will have an:

- echocardiogram (shows pictures of your heart while it is moving)
- ECG or electrocardiogram (measures the electrical activity of your heart)

You will see the doctor and/or nurse during this visit. They will:

- talk to you about your recovery
- tell you the results of your echocardiogram

After this visit, your own cardiologist will follow your progress. You should see a cardiologist every 1 to 2 years for echocardiogram tests.