



## Patient Information

# Patent Foramen Ovale Repair

**A Patent Foramen Ovale (PFO) Repair, or closure, is a procedure that's done to close the flap in the wall of the atrial septum, also called a patent foramen ovale. During this procedure, a catheter with a closure device is inserted through the leg vein up to the heart, where the device is left to close up the flap.**

### What to Expect Prior to the Procedure

- You will meet with the physician to discuss your history and the procedure.
- Blood work will be done a few days prior to assure proper electrolyte balance and clotting function.
- You will be asked to provide a list of current medications and dosages. If you are taking Warfarin/Coumadin, you will likely be given a date to stop temporarily.
- Please inform nurse of any allergies to medicine, especially to IVP dye or Contrast.

### What to Expect the Day of Procedure

- Do not eat or drink anything after midnight.
- You will be instructed on which medications you may take with water.
- Bring a list of your current medications and dosages with you.
- Arrive at the given time; there is no need to arrive early.
- You will meet several people who will be your health care team.
- The procedure, including benefits and risks involved, will be discussed with you.

### What to Expect During the Procedure

- IV medicine will be given to help you relax and keep you comfortable.
- Your blood pressure, heart rate, and oxygen level will be monitored.
- The procedure is done under sterile conditions.
- Medication will be used to numb the entry site (most likely the groin area).

**HOW IT FEELS**—There is some stinging and/or burning as the numbing medicine is placed.

- A small hollow tube (catheter) will be placed in the vein and directed to the heart under digital imaging guidance.

**HOW IT FEELS**—There is some pressure at the site. No sensations are felt in the heart.

- The PFO occluder device will then be directed through the PFO (the opening in the atrial septum). Using digital and echocardiography guidance, the device is positioned and deployed.

**HOW IT FEELS**—You most likely won't feel anything.

- The procedure takes about 1 to 1.5 hours.
- The tube in your vein will be removed while pressure is held for about 20 minutes.
- After the procedure, the physician will talk with you and a family member per your request.

### What to Expect After the Procedure

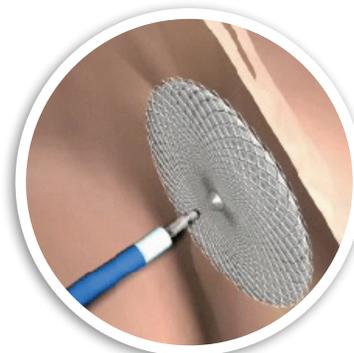
- You will be monitored overnight.
- You will be on bed rest for 2-4 hours after the procedure.
- While in the hospital, a chest x-ray and echocardiogram will be done to confirm proper device positioning.
- Aspirin will be prescribed for 6 months following your procedure to prevent blood clots from forming on your device.
- Clopidogrel (Plavix) may also be prescribed for 3 months after your procedure to prevent blood clots from forming on your device.
- For 6 months you will be required to take an antibiotic prior to dental cleaning or any procedures to prevent infecting the new device.

### Activity Restrictions

- No heavy lifting, pushing, or pulling greater than 10 pounds for 5 days.
- After 5 days, no heavy activity that causes deep/heavy breathing for 6-8 weeks.
- No driving for 5 days.
- No tub baths, swimming, or hot tubs for 7 days.
- Most patients return to work within one week.

### Common Experiences When You Are Home

- Expect tenderness or a small bump (size of a quarter) at the procedure site.
- Bruising is also common at the procedure site.
- Possible sensations in the chest: palpitations, chest discomfort, or pressure. This is very common about 2 weeks to 6 weeks post closure; usually treatment is NOT required. Prior to discharge, you will be given instructions and a person to contact with questions or concerns.



## What You Should Report Immediately

**If you experience any of the following symptoms call us at 585-275-0187**

- Severe discomfort at the insertion site
- Bleeding at the insertion site
- Redness or signs of infection at the insertion site
- Increase in chest, arm, or jaw pain
- Shortness of breath

Contact Us for appointments at 585-275-6161.