TAVR: A Guide on What to Expect

Transcatheter Aortic Valve Replacement

From treatment through recovery: tips and tools to help you through your TAVR procedure
The TAVR Procedure: A Guide for Patients and Caregivers

This guide is designed to help patients who have severe aortic stenosis and their caregivers prepare for the transcatheter aortic valve replacement (TAVR) procedure. If you are reading this guide, you or your loved one has been evaluated by a TAVR Heart Team and told you were eligible for TAVR.

As with any procedure, you may have questions and concerns. You may wonder how you should prepare for TAVR and how it’s performed. You may be unsure of what happens on the day of the procedure and what questions to ask. You also may want to know what to expect after TAVR and when you’ll be able to go home. Talk to a TAVR doctor about any questions you may have.

We hope this guide will answer some of the most common questions that patients have about the procedure and recovery.

Did you know that more than 400,000 people worldwide have received the TAVR procedure?

How to use this guide

The booklet is divided into 4 sections that take you through what to expect before, during, and after your procedure. In each section, you’ll also find discussion questions to start conversations with your doctor and TAVR Heart Team.

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Preparing for TAVR</td>
<td>3</td>
</tr>
<tr>
<td>Life After TAVR</td>
<td>9</td>
</tr>
<tr>
<td>For Caregivers</td>
<td>22</td>
</tr>
<tr>
<td>Patient Resources</td>
<td>25</td>
</tr>
</tbody>
</table>

By reading this guide before your procedure, it will help you know what to expect to prepare for your TAVR procedure and life after TAVR. You and your caregiver may want to revisit sections of this guide as you prepare for each step of the procedure and, most important, your recovery.
Preparing for Your TAVR Procedure

Any medical procedure can be overwhelming. It is normal to be nervous. Your team of doctors and nurses, also called the TAVR Heart Team, has evaluated you and considered all aspects of your health and medical background to determine that TAVR is the best treatment option for you.

In this section, you’ll learn what you need to know about preparing for TAVR, including

- what TAVR is
- how TAVR is performed
- how you should you plan for TAVR
- packing for your hospital stay
- what to expect the day of your procedure
- what to discuss with your doctor

What is TAVR?

TAVR is a less invasive procedure for patients who suffer from severe aortic stenosis and are experiencing symptoms. TAVR replaces your aortic valve without opening the chest.

Any patient with severe aortic stenosis should be considered for TAVR. If you have been told you are not a candidate for the procedure, please see a TAVR Heart Team to discuss your options.

The benefits of the TAVR procedure may include

- Improved quality of life
- Minimal discomfort
- Less invasive procedure with minimal scarring
- Relief of symptoms
- Fast recovery so that you can go back to doing what you love
- Helping your heart work better so that you feel better sooner
- Short hospital stay

Risks of the TAVR procedure

Serious risks associated with the TAVR procedure, similar to those of open heart surgery, include death, stroke, serious damage to the arteries, or serious bleeding.

It is important to discuss your particular situation with your doctor to understand the possible risks, benefits, and complications associated with TAVR.
How Is TAVR Performed?

Compared with open heart surgery, TAVR is a less invasive procedure. The most common way for your doctor to get access to your heart to replace your valve is through your upper leg. Your doctor may refer to this as the transfemoral approach. TAVR can also be performed through your chest or neck. Ask your doctor how he will access your heart.

- The TAVR procedure starts with a small incision through the artery in your upper leg or groin.
- A small catheter (a hollow tube) with a balloon on the end is pushed through an artery in the leg. The doctor uses a special x-ray machine to guide the catheter to the heart.
- The balloon is inflated to expand the new valve into place, pushing the leaflets (flaps that open and close) of the old valve aside. The new valve attaches to the old diseased valve’s leaflets and is anchored in place. It begins working right away.

Preparing for TAVR

On average, the TAVR procedure lasts about 1 hour, versus 4 hours with open heart surgery.

Sedation

During TAVR, you will be given medicine to make you sleep or feel very relaxed. There are two types: general anesthesia and conscious sedation.

General anesthesia will make you unconscious for the procedure.

Conscious sedation may make you sleep, but you won’t be unconscious.

Find out from your facility what kind of sedation you may have and if you will be awake during conscious sedation.
How Should You Plan for TAVR?

Your TAVR Heart Team will likely have specific instructions for you to follow before your TAVR procedure. Talk with your doctor about what you need to do to prepare for it.

Here are some things to consider in the weeks and days leading up to your procedure:

• **Stay physically active.** Ask your TAVR doctor about what level of activity is right for you.

• **Know what to eat.** Eating the right foods can help you before and after your procedure.

• **Take your medicines.** In the weeks before your procedure, take all of your medicines as prescribed. Talk with your TAVR doctor about which medicines you should continue to take or stop taking before and on the day of your procedure.

• **Drive carefully.** If you are having symptoms from your severe aortic stenosis, ask your TAVR doctor if it safe for you to drive.

• **Prepare legal documents.** It is not anticipated anything will happen to you during the TAVR procedure; however, it is important to be prepared. The hospital may ask if you have a living will and/or a power of attorney for healthcare.

• **Plan ahead for discharge.** Have an open discussion with your doctor about the care you will need after TAVR. Some people can be released from the hospital the day after the procedure, but everyone is different.

• **Discuss with your doctor the need for a dental evaluation.** Any infection that may be present in your mouth or teeth can spread and cause an infection in your heart valve. Therefore, it is important for your dentist to examine you and provide dental clearance before the TAVR procedure.

• **Find out about insurance coverage and TAVR.** The valve clinic coordinator on your TAVR Heart Team should be available to help you with all TAVR-related insurance and financial questions. Contact your insurance provider before your first appointment to determine whether the evaluation and TAVR procedure are covered and whether a referral is necessary. TAVR is covered by Medicare, which will cover most expenses.

• **Learn what’s involved with pre-admission testing.** One to 2 days before your procedure, you may be asked to return to the clinic to get an update on your medications, have your blood pressure and heart rate checked, and undergo a chest x-ray scan and other exams, including blood and urine tests.

Refer to the Patient Resources section on page 25 for more information.
Packing for Your Hospital Stay

Most people who have TAVR go to the hospital the morning of the procedure. Sometimes people may be asked to go the hospital the night before. Follow the instructions from your TAVR Heart Team.

<table>
<thead>
<tr>
<th>Packing checklist:</th>
</tr>
</thead>
<tbody>
<tr>
<td>☐ Toothbrush and toothpaste</td>
</tr>
<tr>
<td>☐ Comb or brush</td>
</tr>
<tr>
<td>☐ Slippers (with nonslip soles)</td>
</tr>
<tr>
<td>☐ Glasses</td>
</tr>
<tr>
<td>☐ Denture case</td>
</tr>
<tr>
<td>☐ Hearing aids</td>
</tr>
<tr>
<td>☐ Reading materials</td>
</tr>
<tr>
<td>☐ Pajamas</td>
</tr>
<tr>
<td>☐ Comfortable clothes to go home in</td>
</tr>
</tbody>
</table>

It is recommended that you do not bring cash or valuables to the hospital.

Be sure to turn to the Resources tab for a helpful form on page 26 to keep track of your appointments before your procedure.
Preparing for TAVR

As you plan for your TAVR procedure, you will likely have a lot of questions for your TAVR Heart Team. You can refer to this page when you talk with them.

Q Is my TAVR procedure covered by my insurance? How can I learn about my coverage?

Q What are the benefits and risks of TAVR versus open heart surgery?

Q What health changes do I need to let my doctor know about before my procedure?

Q How long will my procedure take?

Q Which type of sedation will be used during my procedure?

Q How long will I be in the hospital? Do I need someone to drive me home?

Q Will I be on blood-thinning medication?

Q How soon after the procedure will my symptoms go away?

Q If I go home after discharge, what type of support should I arrange in advance?

Q What hospital-specific instructions do I need to be aware of for my TAVR procedure?

Q How long will the valve last?

Q Which transcatheter heart valve options are available and which will I receive?
What to Expect the Day of Your TAVR Procedure

On the day of your TAVR procedure, you and your caregiver should feel prepared and have a good understanding of what to expect.

Every hospital has different instructions for patients to follow. The recovery time and length of hospital stay may be different for each person, too. However, patients who receive TAVR usually have a shorter hospital stay than those who receive open heart surgery. Your TAVR doctor can tell you how long you can expect to stay in the hospital after the TAVR procedure. The goal is for you to go home as soon as it is safe for you to leave.

Ask your doctor any questions you have about the day of your procedure, such as these:

- What can I eat and drink the day before my procedure? How late can I eat?

- Are there any special bathing instructions I should follow?

- Can I take my medicines as I usually do?

- How much pain should I expect? How long does the pain usually last?

- How soon after the procedure may I get out of bed and start walking?

- Will I be evaluated later that day or the following day?

- Who will follow up with me during my hospital stay?
Life After TAVR

During your recovery, there are important steps that you – and your caregiver – can take to help you recover and return to your daily routine more smoothly. This section will help you through many of those steps, and it will address some of the concerns and questions you may have about life after TAVR, including the following:

- What to expect after your TAVR procedure while you’re still at the hospital
- What to expect after you are discharged and leave the hospital
- Caring for your health
- Important things to keep in mind
- Heart-healthy eating
- Follow-up after TAVR
- What to know about imaging scans
- What to discuss with your doctor
What Can You Expect After the TAVR Procedure?

While you’re still in the hospital

After your TAVR procedure, the TAVR Heart Team will update your caregiver or loved ones on how you are doing. Talk with your team about how long your visitors might expect to wait before they can see you.

You will have some intravenous (IV) lines, tubes, and machines connected to you. The number of tubes, as well as the amount of pain and discomfort you may feel, depends on which TAVR approach you have. Every patient is different. Talk with your TAVR Heart Team about what to expect.

As you recover in the hospital, your nurses and TAVR Heart Team will help you with the following:

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>![Lightning bolt]</td>
<td>Pain control</td>
</tr>
<tr>
<td></td>
<td>Pay attention to your pain, and tell your nurses how you are feeling. They can give you pain medicine to help keep your pain under control.</td>
</tr>
<tr>
<td>![Person]</td>
<td>Sitting up and walking</td>
</tr>
<tr>
<td></td>
<td>After your procedure, your TAVR Heart Team will help you to sit up and encourage you to move. Try to move as often as you are asked to. This will help with your recovery.</td>
</tr>
<tr>
<td>![Lung]</td>
<td>Breathing</td>
</tr>
<tr>
<td></td>
<td>Your TAVR Heart Team will give you breathing exercises to do to keep your lungs clear and to help prevent complications.</td>
</tr>
<tr>
<td>![Pen]</td>
<td>Incision care</td>
</tr>
<tr>
<td></td>
<td>Your nurses will change and remove your incision dressing as needed. This can help prevent infection.</td>
</tr>
<tr>
<td>![Medication]</td>
<td>Medicines</td>
</tr>
<tr>
<td></td>
<td>Your TAVR Heart Team may prescribe more medicines for you, including blood thinners. Talk with your team if you have any questions about the medicines they prescribe.</td>
</tr>
<tr>
<td>![People]</td>
<td>Using the restroom</td>
</tr>
<tr>
<td></td>
<td>Ask your nursing team to help you if you need assistance with your usual bowel and bladder routine.</td>
</tr>
<tr>
<td>![Gear]</td>
<td>Your new valve</td>
</tr>
<tr>
<td></td>
<td>Before you leave the hospital, your TAVR Heart Team may give you an echocardiogram that shows moving images of your heart to make sure your valve is working correctly.</td>
</tr>
</tbody>
</table>
What to expect when you leave the hospital

As you leave the hospital after TAVR and begin your recovery, there are some important things to keep in mind. The following information will help guide you through what you need to think about during your recovery period. This information is not meant to replace what your TAVR doctor tells you. Be sure to follow the instructions your team gives you at discharge – and contact them at any point during your recovery if you have questions or do not feel well.

Partnering with your caregiver

When you are ready to be discharged from the hospital, you will need someone to pick you up and drive you home. You also will need help for at least the first few days after your procedure and possibly longer. It is okay to ask for help as you get back to your daily life. Talk with your caregiver about what you need and how he or she can best help you. It may be useful to review the caregiver section on page 22 of this booklet together.

Discuss your activity with your doctor. While some people may notice improvement in their energy level and quality of life right away, for others it can take days or weeks. As you begin to increase your activities, remember your body may need time to adjust to being active again. Give yourself time to rest when needed.
Caring for Your Health

Here are some things to keep in mind as you start your recovery and care for your health.

Incision care
You will need to take some simple steps to help the incision site heal and to reduce the risk of infection.

Follow the instructions you were given at the hospital. Call your TAVR doctor right away if you notice any signs of infection, such as the following:

- Increased pain, redness, or swelling at the incision site
- Liquid oozing from the incision site
- Fever (check your temperature as often as your TAVR doctor tells you to)

Managing pain
You may have some aches and pains after TAVR, which are part of the normal healing process. You may have pain in your back, shoulders, neck, and chest. You may leave the hospital with a prescription for pain medicine. If you are sore or uncomfortable, take this medicine as your TAVR doctor told you to. If you do not take your pain medicine, you may not be as active as you could be. Let your TAVR doctor know right away if your pain medicine is not working well.

Lung care
During your recovery, continue to perform the breathing and coughing exercises you learned at the hospital. They will help keep your lungs clear and prevent complications. Follow the directions your TAVR Heart Team gives you about how to keep your lungs healthy, especially if you have chronic obstructive pulmonary disease (COPD).
Important Information to Keep in Mind

Here are some additional things to consider to keep you on the right track as you recover.

**Daily activities**
Be patient and follow the advice of your TAVR Heart Team. You may need help when you first go home. It is best to plan ahead so you have the help you need.

**Taking medicines**
- Take all of your medicines exactly as prescribed. Do not stop taking any medicine without first talking with your TAVR doctor
- Make sure to bring a list of all of your medicines to every healthcare appointment

**Dental precautions**
Let your dentist know that you have had a heart valve replacement. You will likely need to take an antibiotic before having any procedure, including a cleaning. This can reduce the risk for getting an infection in your new heart valve.

Talk with your TAVR doctor if you notice any change in the way you feel or if something does not feel right.
Heart-Healthy Eating

Healthy eating is an important part of a healthy life. During recovery, nutritious food gives your body energy and can help you heal more quickly. Below are some general guidelines from the American Heart Association for heart-healthy eating.

Eat balanced meals. Eating a wide variety of foods gives your body all the nutrients it needs to heal. You should have a healthy balance of

- fruits and vegetables
- whole grains and breads
- low-fat dairy products
- lean meats, including fish

Make healthy food choices. Healthy options include foods that are rich in fiber and low in saturated and trans fats.

Lower your cholesterol. Reduce saturated fat to no more than 5% to 6% of the total calories you eat each day. Talk with your TAVR doctor about the food choices that are best for you.

Limit your intake of less healthy food. Foods to limit include those rich in saturated and trans fats, sugar, and salt. When possible, avoid processed meats.

Visit [www.heart.org/nutrition](http://www.heart.org/nutrition) for more information about heart-healthy eating, including

- resources such as the Simple Cooking with Heart guide
- dining out
- heart-smart shopping
- heart-healthy recipes
Tips for Heart-Healthy Eating

Your TAVR Heart Team can suggest an eating plan that’s right for you. Here are some tips from the American Heart Association to get you started.

**Vegetables and fruits** are loaded with nutrients and low in calories. They also contain fiber and water, which help you feel full. Enjoy a variety of fruits and vegetables at every meal and snack. Fresh, frozen, and low-sodium canned may all be healthy choices.

**Whole grains** are generally a good source of dietary fiber. Whole-grain foods include whole-wheat bread, rye bread, brown rice, popcorn, oatmeal, and whole-grain cereal.

**Chicken, fish, and beans** are good sources of protein. Use lean cuts, and remove skin from poultry.

- Enjoy fish rich in omega-3 fatty acids at least twice a week. Oily fish such as salmon, mackerel, trout, and albacore tuna are good choices.
- A small handful of nuts or seeds can be a healthful snack. Choose unsalted nuts or those with no more than 140 milligrams of sodium per serving size. You will find this information on the nutrition label of the package.
- Use fresh or dried herbs when cooking. At the table, use salt-free seasoning blends instead of salt. Add a squeeze of fresh lemon or lime to add flavor to fish and vegetables.

Adapted with permission from the American Heart Association, Daily Tips to Help Your Family Eat Better, on www.heart.org.
Follow-up After TAVR

Another part of your recovery is attending scheduled follow-up visits with your TAVR Heart Team. During these visits, the TAVR Heart Team will check your progress and ensure that your heart is working as it should. In addition,

- blood tests may be performed to monitor how your medicines are working
- you might have your blood drawn to make sure the amount of blood thinner is steady to prevent blood clots

To check how you’re healing, the TAVR Heart Team may order some tests, including the following:

- Echocardiogram to check valve function
- Electrocardiogram to detect any abnormal heart rhythms

Your TAVR Heart Team will discuss other factors affecting your health. Follow their advice regarding diet, exercise, and medicines.

Your follow-up appointments

Be sure to go to all of your scheduled appointments. Be an advocate for your own health. Monitor how you are feeling, and keep track of questions you have as you recover. Share this information with your doctor at your follow-up visits as you partner with them for a successful recovery.
A Typical Follow-up Schedule

Your TAVR Heart Team will recommend a schedule that’s best for you. Contact your TAVR Heart Team at any time during your recovery if you have questions or concerns.

Refer to this check list to know what to expect for your follow-up schedule.

<table>
<thead>
<tr>
<th>Timeframe after TAVR</th>
<th>What to expect and do</th>
</tr>
</thead>
<tbody>
<tr>
<td>In the first 30 days after TAVR</td>
<td>In the first 24 hours up to the first few days after discharge, you may receive a follow-up phone call from a member of your TAVR Heart Team who will be checking in on your symptoms, medicines, and well-being</td>
</tr>
<tr>
<td></td>
<td>You will likely be scheduled for an in-office follow-up visit. At this visit, you will likely have an echocardiogram recorded to check your new valve. You may also have other tests and be asked to share some information about your symptoms and quality of life. Some TAVR teams may recommend that you see your primary care provider 5 to 7 days after discharge</td>
</tr>
<tr>
<td>In the months after TAVR</td>
<td>Your TAVR doctor should transfer your care back to either your general cardiologist or your primary doctor. Please schedule your visit with your doctor within the first week of discharge. Talk with your TAVR Heart Team to see what they would like you to do about checking your progress with them</td>
</tr>
<tr>
<td>Every year after TAVR</td>
<td>You should schedule a follow-up appointment with your cardiologist specifically to check your heart. At this visit, you will likely have an echocardiogram recorded and may complete some additional tests</td>
</tr>
</tbody>
</table>

Be sure to turn to the Resources tab for a helpful tool on page 27 to keep track of your follow-up visits.
What to Know About Imaging Scans

Is it safe to undergo an x-ray or computed tomography (CT) exam after TAVR?

Your valve is completely safe for both x-ray and CT examinations.

Will my valve cause a metal detector at the airport to go off?

Going through an airport metal detector will not affect your valve. The amount of metal used in valves is very small. It is usually not enough to set off metal detectors. If it does, simply show the security personnel your transcatheter valve identification card.

Is it safe to undergo a magnetic resonance imaging (MRI) scan after TAVR?

An MRI scan will not affect your transcatheter heart valve. However, there is important information your doctor needs to know before you undergo an MRI scan. Please refer your doctor or the MRI lab staff to www.edwards.com/mri-safety for more detailed information.

Be sure to inform all healthcare professionals that you have a transcatheter replacement valve, and share your transcatheter valve ID card with them.
It is important to follow the discharge instructions your TAVR Heart Team gives you when you leave the hospital. These are some questions you may want to ask your team before you leave:

Q Will I feel better right away or will it take time for my symptoms to go away? ___

Q Will I have stitches? If so, how long will they stay in? 

Q When should I schedule my follow-up visits? 

Q How soon will I have to go back to the hospital for a checkup? 

Q What will my restrictions be? Will I have to stay on bedrest? 

Q What symptoms should I watch out for and call the doctor about? 

Life After TAVR
Incision care

Q How do I keep the incision site clean? _____________________________

_______________________________________________________________________

Q How do I protect the incision site to help it heal? _____________________________

_______________________________________________________________________

Q Is there specific clothing I can wear to help keep the incision site comfortable?
_______________________________________________________________________

Q How can I reduce my risk for infection? _____________________________

_______________________________________________________________________

Managing pain

Q What kind of pain medicine will I take after my procedure? How often do I take it? _____________________________

_______________________________________________________________________

Q Are there other ways I can manage my pain in addition to my pain medication?
_______________________________________________________________________
Lung care

Q  How many times each day should I do my lung exercises? ______________________

Q  When can I stop doing my lung exercises? _________________________________

Daily activities

Q  Are there any showering instructions I need to follow? ______________________

Q  Can I take a bath or go swimming? _________________________________

Q  Are there any activities that I should avoid after my TAVR procedure? ______

Q  How soon can I get back to my day-to-day activities around the house? ______

Q  When and how can I increase my physical activity? ______________________

Q  When can I return to sexual activity? _________________________________

Q  Can I drive? ____________________________________________________
Taking Care of Your Loved One

Preparing for TAVR: tips and support for caregivers

The TAVR Heart Team will provide the person you are caring for with specific instructions for you to follow before the TAVR procedure. Talk with the TAVR Heart Team about how you can help him or her get ready. Here are some actions to consider in the weeks and days leading up to the procedure.
<table>
<thead>
<tr>
<th>Action</th>
<th>How You Can Help</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monitoring physical activity</td>
<td>Be watchful of the person you’re caring for while he or she is exercising. Instruct him or her to slow down or stop if there is any sign of shortness of breath, chest pain, or feeling faint. Report any worsening symptoms you notice back to the TAVR Heart Team.</td>
</tr>
<tr>
<td>Maintaining a balanced diet</td>
<td>It’s important that the person you’re caring for eats a well-balanced diet and that you offer encouragement. The TAVR Heart Team may have put restrictions on how much liquid and salt your loved one can have.</td>
</tr>
<tr>
<td>Taking medicines</td>
<td>It can be helpful to keep track of all the medicines the person you are caring for takes and when he or she should take them. You can use a pill organizer or a small notebook to stay organized.</td>
</tr>
<tr>
<td>Driving carefully</td>
<td>Typically, people with severe aortic stenosis are winded and may not be able to drive. Each person is different. Talk with the TAVR Heart Team about whether the person you are caring for should be driving.</td>
</tr>
<tr>
<td>Preparing legal documents</td>
<td>Consider helping to ensure the necessary legal paperwork is organized and completed.</td>
</tr>
<tr>
<td>Packing for the hospital stay</td>
<td>Help the person you’re caring for pack for the hospital – a pair of pajamas and a comfortable outfit to go home in is enough. Do not bring valuables. A patient may be moved to another room at least twice during the hospital stay. It’s possible for things to be misplaced during these moves. It may be best if you keep his or her clothes until the day of discharge.</td>
</tr>
<tr>
<td>Planning ahead for discharge</td>
<td>If the person you are caring for is discharged home, you can help with tasks related to his or her recovery. This includes helping with bathing, medicine reminders, and follow-up visits. You can also help with making meals, cleaning, and running errands. If you think additional help is needed, talk with your social worker or nurse about local people who may be available to help. Remember, while the patient may leave the hospital feeling better, he or she must listen to the doctor’s orders and take it easy.</td>
</tr>
</tbody>
</table>
What kind of anesthesia will be used? Will it make the patient feel sick?
If so, what should I do?

How long will the person I’m caring for be in the hospital?

Will I need to spend the night in the hospital to make sure he or she is properly cared for?

For how long will he or she have symptoms after the procedure, and what might they be?

How do I need to be prepared to provide care at home? What kind of additional support should I arrange for in advance?

Will the person I’m caring for need physical therapy or rehab?

Will this procedure affect any of his or her other health conditions?

Are there any new medicines that he or she will need to take? What instructions do I need to know about them?

What legal or other documents should I help my loved one prepare?

What is the average length of time for recovery?

What kind of quality of life will he or she have after TAVR?

What kind of resources are available to help us know how to plan for TAVR?
TAVR Patient Resources

In the next few pages, you’ll find helpful tips and tools to support you before, during, and after TAVR.

- Visit www.NewHeartValve.com to learn more about the TAVR procedure. You will also find all kinds of useful information, including patient testimonials, videos, brochures, and additional information on TAVR as a treatment option.

- Visit www.TAVRbyEdwards.com to learn more in-depth information about Edwards transcatheter heart valves, the Edwards valve difference, and clinical data.

- Sign up for Edwards PatientConnect, a support program with dedicated care managers who can answer your non-medical questions and support you throughout your journey. Connect with patients who have been through TAVR and can share their experience and help you understand what to expect.
  - Visit www.EdwardsPatientConnect.com or call 1-877-209-8638 to speak with a team member
Doctor Visits: **Before** Your TAVR Procedure

Here is a helpful form that you can complete and use to schedule and keep track of your appointments before your procedure.

<table>
<thead>
<tr>
<th>Visits Before TAVR</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Date</strong></td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td></td>
</tr>
</tbody>
</table>

**Doctor:**

**Address:**

**Phone:**
Doctor Visits: After Your TAVR Procedure

It’s important for you to attend your follow-up visits with your TAVR Heart Team after your recovery. Remember, your TAVR Heart Team will recommend the schedule that’s best for you in the days, months, and years after your procedure.

Simply complete the form below to keep track of your follow-up visits.

<table>
<thead>
<tr>
<th>Date</th>
<th>Reason</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Doctor:

Address:

Phone:
Your Recovery Tracker

Recovery from TAVR is a gradual process. Monitoring your recovery each week can help you track your progress. The trackers below include several important parts of your recovery that you should note. Talk with your TAVR Heart Team about other things they may want you to keep track of. These could include breathing exercises; physical activity; or any notes, concerns, or questions you may want to share during your follow-up visits. Bring these trackers to your visits.

How I feel overall

Circle one number each week.

<table>
<thead>
<tr>
<th></th>
<th>Not well</th>
<th>Okay</th>
<th>Very well</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week 1</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>Week 2</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>Week 3</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>Week 4</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
</tbody>
</table>

My pain level

Write down your symptom and circle one face each week to show your pain level.

<table>
<thead>
<tr>
<th>Doesn’t hurt</th>
<th>Hurts a little bit</th>
<th>Hurts a little more</th>
<th>Hurts even more</th>
<th>Hurts a whole lot</th>
<th>Hurts the worst</th>
</tr>
</thead>
<tbody>
<tr>
<td>Symptom:</td>
<td>Symptom:</td>
<td>Symptom:</td>
<td>Symptom:</td>
<td>Symptom:</td>
<td>Symptom:</td>
</tr>
<tr>
<td>Week 1</td>
<td>:</td>
<td>:</td>
<td>:</td>
<td>:</td>
<td>:</td>
</tr>
<tr>
<td>Week 2</td>
<td>:</td>
<td>:</td>
<td>:</td>
<td>:</td>
<td>:</td>
</tr>
<tr>
<td>Week 3</td>
<td>:</td>
<td>:</td>
<td>:</td>
<td>:</td>
<td>:</td>
</tr>
<tr>
<td>Week 4</td>
<td>:</td>
<td>:</td>
<td>:</td>
<td>:</td>
<td>:</td>
</tr>
</tbody>
</table>
Things I did this week

Note the activities you were able to do each week. For example: “Went grocery shopping” or “Light housekeeping.”

Week 1

Week 2

Week 3

Week 4

Medicines I am taking

<table>
<thead>
<tr>
<th>Name of medicine</th>
<th>Dose</th>
<th>Time(s) I take it</th>
<th>With food</th>
<th>Without food</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Finding Support

As you recover from TAVR, it is normal to feel a wide range of emotions. It can help to share with others your experiences and how you are feeling. Find a friend or loved one whom you feel comfortable talking with, and share how you are feeling. Visit friends or go out socially when you feel ready. You might also look for local support groups where you can meet and share with people who know what you are going through. They can help you to talk about your emotions as you recover. You may find the following resources helpful:

Alliance for Aging Research: www.agingresearch.org
American Heart Association: www.heart.org/heartvalves
Family Caregiver Alliance: www.caregiver.org
Heart Valve Financial Aid Fund and CareLine: https://heartvalve.pafcareline.org/
Heart Valve Voice: www.heartvalvevoice.org
Mended Hearts: www.mendedhearts.org
WomenHeart: www.womenheart.org

Welcome to the TAVR Community!

You will receive a transcatheter valve temporary ID card when you leave the hospital. A permanent ID card will be mailed to you at home within 6 to 8 weeks of your procedure.

Please call 888-892-0099 if you need a replacement card. You should keep this card with you at all times and show it to all your healthcare providers.

Included in the letter with your ID card will be an invitation to join the Edwards community to receive helpful information, updates by mail and email, and support during your first year after TAVR. It's up to you if you'd like to participate in and connect with Edwards and the heart patient community during your journey to heart health.

Remember, recovery from TAVR will not happen overnight. However, your TAVR Heart Team, healthcare professionals, and caregivers are there to help you during your journey. Wishing you a successful recovery and good health.
Learn More About Edwards Lifesciences and Your Transcatheter Heart Valve

With more than 60 years of experience, Edwards Lifesciences is the global leader in innovations that transform patient outcomes for people suffering from heart valve conditions.

**Phone** *(within the United States)*
For TAVR inquiries: 888-892-0099

**E-mail**
TAVR@edwards.com

**Mail**
Edwards Lifesciences LLC
One Edwards Way
Irvine, California 92614

**Online**
www.edwards.com
www.NewHeartValve.com
www.TAVRbyEdwards.com