



OKLAHOMA
HEART HOSPITAL
PROUDLY PHYSICIAN OWNED

Valvuloplasty

Patient and Caregiver Information

Valvuloplasty

This guide will help communicate what will happen before, during and after your procedure. It was written to inform you about your procedure and answer the most frequently asked questions.

What is Valvuloplasty?

A valvuloplasty is a procedure to repair a narrowed heart valve. A very thin, flexible catheter is inserted through a vessel in your groin. The physician then threads the catheter to the heart valve that is narrowed. The physician injects a special dye so an X-ray can “see” the valve. A special balloon is then inflated to open the narrowing. The balloon is deflated and the catheter and balloon are removed.

Patients are given a mild sedative that keeps them relaxed but awake. A local anesthetic is also given to numb the area where the catheter is inserted.

Preparation

You will receive a phone call reminding you of your procedure. Be sure to ask any questions when our staff calls.

What do I do before my procedure?

- You will need to fast (no food or drink) for this procedure, follow the pre-procedure instruction sheet.
- Arrange for a responsible adult to drive you home after the procedure and stay with you for the next 24 hours.
- Refer to the pre-procedure instruction sheet for arrival time and procedure time.
- Shower using anti-bacterial soap the night before, and the morning of your procedure.

Medications

- It is very important to follow the pre-procedure medication instructions provided by your physician. We will remind you of these during a pre-procedure phone call.
- Please prepare a current list of your medications to bring with you on the day of your procedure.

Day of Procedure

What do I do the day of my procedure?

- Do not apply makeup, lotions, deodorant, or hair products on this day.
- Leave valuables and jewelry at home.
- When you arrive, simply check in at our first floor front desk.
- After registration you will be taken to a room, and a nurse will get you ready for the procedure.

During the Procedure

Will I have anesthesia?

During the procedure you will be given medications in your IV that will make you sleepy. This type of anesthesia is called procedural sedation. Unlike deep anesthesia that you may receive during a surgery, this anesthesia will allow you to sleep lightly but still respond to commands to take a deep breath or open your eyes. The light sleep will make you more comfortable during your procedure.

What are the side effects of anesthesia?

Procedural sedation may cause poor balance, headache, sleepiness and impaired judgement for up to 24 hours. Sedation may also cause you to have a headache, or feel nauseated for several hours after the procedure. It is normal to not remember things that happen during or immediately after the time you received procedural sedation. Friend or family assistance is recommended at home for 24 hours.

After the Procedure

What to expect after the procedure:

- Following the procedure, the catheter will be removed and pressure will be placed on the area for 10–20 minutes. You will be asked to lie flat and still for a period of time determined by the physician.
- Your nurse will keep you informed, and let you know when it is safe to sit up, drink, eat, as well as when to expect your bedrest to end.
- You will stay the night in the hospital.
- Your nurse will provide you with written discharge instructions, and answer all your questions before sending you home.

If you experience:

- **Pain** - At home you may experience mild discomfort at the puncture site. This is usually managed with over the counter pain relievers.
- **Unexpected Bleeding** - Observe puncture site for signs of bleeding. If bleeding occurs, hold pressure to the site and call 911.
- **Nausea & Vomiting** - Begin with sips of clear liquids in small amounts. Once you tolerate clear liquids, you should slowly add in other bland, low fat food choices, gradually increasing to your normal diet.
- **Signs of Infection** - Call your physician if you have fever over 101 degrees, increased redness, swelling or heat at the incision site.

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