

What is Balloon Valvuloplasty?

Balloon Valvuloplasty is a procedure that widens the narrow valve and is performed on patients who have a condition called stenosis.

When the aortic valve becomes narrow, it restricts blood flow out of the heart. This puts a strain on the heart and the heart muscle may get thicker in attempt to push the blood harder through the partly open valve.



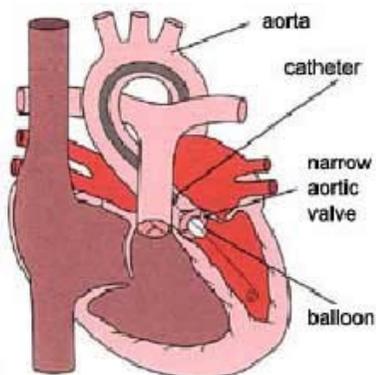
Aortic Stenosis



Healthy Aortic Valve

During balloon valvuloplasty, a balloon-tipped catheter is inserted through an artery in the groin and threaded into the heart. X-rays are used to make sure the catheter and balloon are being put into the correct position.

When the balloon reaches the narrowed heart valve, it is inflated. The balloon presses against the hardened (calcified) tissue and enlarges the valve opening. At the end of the procedure, the balloon is deflated and removed.



Cardiac Catheterisation Laboratory Western Hospital Gordon Street Footscary, VIC 3011

Day Procedure Unit
(enter through Admissions)
1st Floor, North Block
Opening hours: 7am-8pm

Coronary Care Unit
2nd Floor, North Block
Visiting hours: 10am-2pm & 4pm-8pm

CONTACT US

For all enquiries, please contact our Booking

Clerk on 83456056

WESTERN HEALTH

Sunshine Hospital

176 Furlong Rd, St Albans VIC 3021

Phone: (03) 8345 1333

Fax: (03) 8345 1019

<http://www.wh.org.au>

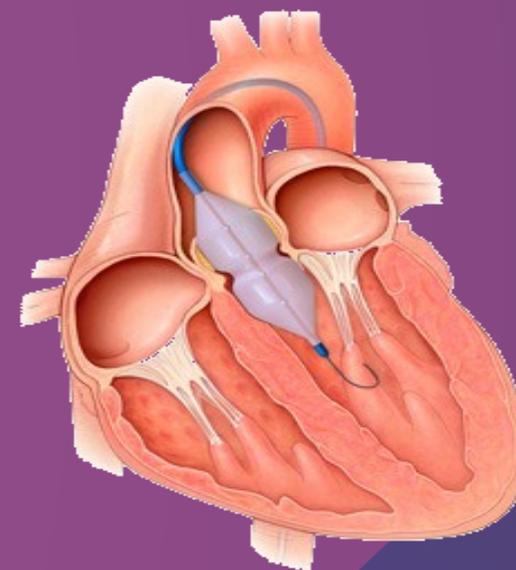
This information leaflet contains important information to help you recover safely at home. This information is intended to support not replace a discussion with your doctor or health care professionals. Western Health accepts no liability for any information that may be perceived as misleading and directs you to your health professional.



Western Health

Together, caring for the west

Cardiac Catheterisation Laboratory



Percutaneous Balloon Valvuloplasty



Western Health

Pre-admission Clinic

A thorough assessment will be done at the clinic to gather some baseline information about you for your procedure to be performed safely.

You are welcome to have someone with you at this clinic, especially if English is your second language.

PLEASE BRING YOUR MEDICATIONS TO YOUR PRE-ADMISSION CLINIC APPOINTMENT

- An ECG and blood test will be taken
- A nurse will check your weight, blood pressure and tell you about the procedure
- A doctor will examine you, explain the procedure and the risks, and complete your consent form
- You will also be told which medications to stop and when, as well as starting new medications if required

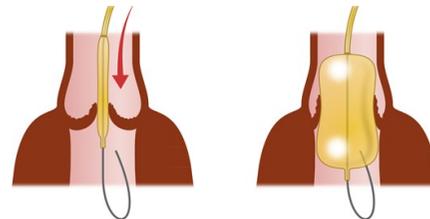
On the day

Bring all your medications in with you

- You must take your medications as instructed at the Pre-admission Clinic (please call our nurse on 8345-7498 if you are not sure)
- Bring your toiletry bag as you will stay in hospital overnight for monitoring
- Please leave all valuables at home and remove any nail polish
- Present to Admissions on the 1st floor, North Block, at your appointed time
- You may wear your dentures and/or minimal jewellery

During the procedure

- You must remain still on the X-Ray table
- A nurse will be present to assist you
- Medication is often given to ease anxiety
- Local anaesthetic is injected into the insertion site which may sting briefly
- A small tube is then inserted into a big artery in the groin through which the procedure is performed
- A balloon-tipped catheter is threaded up to the heart
- The balloon is inflated to stretch the valve opening
- The balloon is deflated and removed at the end of the case
- The tube will be removed from the groin and the insertion site will be closed with sutures



Balloon positioned in valve

Balloon inflated to open valve

After the procedure

- You will remain flat in bed for several hours
- You may eat and drink whilst resting in bed
- You will remain on a heart monitor for the remainder of the day
- If you notice any severe discomfort or pain, such as chest pain, neck or jaw pain, back pain, arm pain, shortness of breath, or breathing difficulty, please notify our nurses

On Discharge

- You will be discharged home the following morning
- You will be given further instructions, medications and appointments where necessary
- You must be driven home by a family member or friend, by car or accompanied in a taxi and have someone stay with you overnight after discharge
- Do not take public transport home
- Rest quietly
- You may follow your normal diet
- Ensure you take plenty of fluids
- Limit alcohol & caffeine

Guideline to Avoid Complications

For 2 - 3 days:

- Do not drive
- Only perform light physical activities
- Avoid heavy activities such as housework, shopping, gardening, long walks, lifting full washing baskets, taking flights of stairs etc.
- Gradually increase your level of activity over the following week or two according to your doctor's instructions
- Observe the puncture site for bleeding, bruising or a lump to the groin/wrist
- Report any fever, rash, groin/wrist lumps or bruising to your doctor
- You may initially experience some tenderness in the groin/wrist, usually relieved by a simple analgesia such as Paracetamol