**Post WATCHMAN™ Discharge Instructions**

* **1 week** from day of discharge you will need a follow up visit with the implanting physician. Your Structural Heart Clinic Coordinator can facilitate arranging these appointments.
* **After a minimum of 45 days** from date of procedure you will need to return to hospital to have an outpatient TEE performed to determine if the implant has closed the opening of the appendage. At this time you will see the Structural Heart Clinic Coordinator for a follow up. If the TEE reveals the appendage is not fully closed – you will require another TEE at a later date to reassess. Once the results from TEE have been reviewed the physicians will determine what medication changes need to be made. Your Structural Heart Clinic Coordinator can facilitate arranging these appointments.
* **6 months post implant** you will need to see the Structural Heart Clinic Coordinator and visit the physician for a routine follow up and potentially **EKG, and lab work.** Your Coordinator can facilitate with setting up these appointments.
* **At 1 and 2 years post implant** you will be contacted by your Structural Heart Clinic Coordinator for a brief interview. This allows us to complete required patient monitoring.
* Prior to any dental work or surgery notify your dentist or surgeon about your Watchman implant and the medications you are on.
* Maintain regular follow up visits with your cardiologist
* Keep all bloodwork appointments.

**Activity:**

* Follow your doctor’s recommendations
* Return to normal activities gradually, pacing yourself as you feel better, resting when tired.
* A week after your procedure you may walk up and down stairs
* A week after your procedure walk as much as you can
* Do **NOT** lift more than five to ten pounds for the first week.

**Incision / Wound Care:**

* Shower Daily, NO tub baths until approved by your doctor.
* Cleanse wounds with mild soap and water. Keep wound dry.
* A small amount of bloody or clear drainage is normal.
* Watch for redness, swelling, incision site hot to touch, foul or colored drainage from the incision site, these are all signs of infection and should be **reported immediately to the physicians**.
* If there is site concern please notify your implanting physician.

**Medications:**

* **DO NOT STOP TAKING YOUR WARFARIN OR ASPIRIN (and/or PLAVIX) WITHOUT SPEAKING WITH YOUR CARDIOLOGIST FIRST!**
* Take your medications as ordered at the time of discharge.
* Do NOT stop taking any medications without first discussing it with your doctor.
* Do NOT take over the counter medications, herbal or natural supplements without discussing with your doctor first.
* Notify all your doctors of current medication lists. Follow instructions on medication administration especially if “blood thinning” medications are prescribed. Your doctor will monitor your medications and advise you when or if you can stop taking them.

**Notify your doctor immediately if any of the following:**

* Sudden weight gain
* Increasing shortness of breath
* Pain, change in color, temperature or swelling in lower legs or feet.
* Fevers greater than 101 degrees, redness, swelling, incision site hot to touch, foul or colored drainage from the incision site, these are all signs of infection and should be **reported immediately** **to the physicians.**

Thank you for entrusting us with your care!

**Implanting Physicians**

**Dr. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Dr. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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**Structural Heart Clinic Coordinator**

**[COORDINATOR NAME]**

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