

Going home after getting a Left Atrial Appendage (LAA) Occlusion Device

What you need to know
to take care of yourself



A left atrial appendage occlusion device is a tool that helps prevent strokes by blocking off a part of your heart called the left atrial appendage. To do this, a simple procedure is done by making a small hole through your skin.

What to expect:

You may have a small lump, bruise, or tenderness around the puncture site. This is normal and it should go away in 2 to 4 weeks. The rest of your leg should feel like it did before your procedure. If you have pain, you may take some over-the-counter pain medicine, such as 1 to 2 acetaminophen (Tylenol) tablets every 6 hours.

How to take care of your incision:

- You will go home with a bandage or dressing over the puncture in your groin. **Keep the dressing on your groin for 24 hours.**
- After 24 hours, you can take a shower. Do not get water directly on your puncture site. Pat the area dry with a clean towel.
- After 24 hours, you may apply a small bandage or leave your incision uncovered.
- **Do not soak in a bath for at least 7 days after your procedure.** This is to prevent your wound from bleeding, prevent infection, and help with healing.

If you see bright red bleeding at your puncture site, you must apply pressure. Follow these steps:

- Lie down on a firm surface.
- Press firmly with 2 or 3 fingers above the bleeding site for 15 minutes or more.
- If it continues to bleed, call 911 or have someone drive you to the closest Emergency Department.

Activity Guidelines:

- Take it easy for the first 24 hours. **Do not lift** more than 10 pounds or 5 kilograms (e.g. groceries, children, pets). Avoid doing activities that need a lot of physical effort and energy.
- **Do not drive** for 48 hours.
- When you return home, slowly increase your movement during the first week until you get back to your normal activities.

Medications

Continue taking your anti-coagulation (“blood thinners”). Your doctor will speak with you about other medications you should be taking. Take your medicine exactly as directed.



When to get medical help

Call your doctor (Dr. _____
at _____), page them through the hospital
locating service at 416-480-4244, or go to the closest
Emergency Room if you have:

- Numbness, weakness, or tingling anywhere on your body.
- Dizziness or double vision.
- Chest pain.
- Shortness of breath.
- Face dropping.
- Difficulty speaking.
- Swelling or more pain at your puncture site compared to when you were in the hospital.
- New lower abdominal or back pain the same side as your puncture site.
- A fever greater than 38 degrees Celsius for more than 24 hours.

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