

## My Planned Care Patient Information Platform

# Aortic valve replacement

### Introduction

The Covid pandemic has had a significant impact on the NHS ability to provide routine elective services. We recognise that patients are waiting longer than we would like and it is not always possible to identify when treatment will take place. This document provides you with information on how you are able to support yourself while waiting to attend Royal Papworth Hospital. The guidance has been written by clinicians.

This information is for patients who are having, or are due to have, an aortic valve replacement. There are four valves within the heart that ensure that the blood flows the right way, but sometimes one or more valves can become damaged or diseased which affected the blood flow. Without treatment the heart muscle can become permanently damaged, so the affected valves are either replaced or repaired.

Royal Papworth is a specialist referral centre for complex cardiac surgery to treat coronary artery disease, heart valve disease, aortic and ventricular aneurysm, and septal defects (hole in the heart).

### Guidance for patients

While you are waiting, it is important that you keep healthy and well. This can also help you to recover better after you have had your aortic valve replacement procedure.

This includes things like:

- Taking any medication as prescribed
- Keeping as active as your condition allows (your clinician or GP can give you advice about this if you need it)
- Staying healthy by maintaining a healthy weight and, if relevant, by quitting smoking.

To help you prepare for your procedure and understand more about what will happen when you come in for your treatment, there is more information in the Trust's [cardiac surgery patient information leaflet \(PI 41\)](#).

You can also visit [www.royalpapworth.nhs.uk/patients-and-visitors/patient-information-leaflets](http://www.royalpapworth.nhs.uk/patients-and-visitors/patient-information-leaflets) and find it in the patient information leaflet list.

### What should I do if my health is deteriorating?

Please contact your GP in the first instance. If you are experiencing chest pain, you should seek urgent medical help by calling NHS 111 or, in the case of an emergency, calling 999.

### Contact us

The team at Royal Papworth Hospital is here to help and support you. If you need us, please contact our patient advice and liaison service (PALS) on 01223 638896, or by email at [papworth.pals@nhs.net](mailto:papworth.pals@nhs.net).