

MitraClip® Discharge and Follow-Up Instructions

MEDICATIONS

Please review your updated medication list for details. It is very important to take your medications as directed.

FOLLOW-UP

You will have follow-up appointments with your MitraClip team and echocardiograms (ultrasound of the heart) 1 month and 1 year after your procedure. See your follow-up checklist for details. We will schedule follow-up with your primary care provider and cardiologist as needed.

DIET

- Follow a heart healthy, low sodium (low salt) diet.
- The Mediterranean diet is a great cardiac diet to follow.
- The Mediterranean diet focuses on fresh, lean meats, vegetables, and fruits and avoiding processed foods.
- For more information, visit:
www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/mediterranean-diet/art-20047801
- We also recommend taking an active part in your health.
 - Keep a daily log of your weight.
 - Look for signs of retaining fluid, such as swelling in your lower legs and abdomen.
 - Notify your cardiology team if you gain more than 3-5 lbs within a week.

ACTIVITY AND EXERCISE

- Walk at least 4-5 times every day. We want you to gradually increase your physical activity.
- You may become tired, so be sure to pace yourself and take breaks, if needed.
- Do not lift, push, or pull heavy objects (more than 5-10 lbs) for the first 1-2 weeks.
 - Do not drive for at least 3 days.
 - We strongly encourage physical therapy and/or cardiac rehab. If you are interested, referrals will be made prior to your discharge.

WOUND CARE

- Shower daily. Wash your incision with soap and water. Pat the area dry. Do not soak in the bathtub for at least 1 week after your procedure.
- Do not use creams or ointments.
- Look at your incision daily. It is normal to have some bruising and soreness around the incision after your procedure.
- Report any of the following to your MitraClip team: redness, swelling, bleeding, drainage, or fever.