

CURE CARDIOVASCULAR CONSULTANTS

TRANS-CATHETER AORTIC VALVE REPLACEMENT (TAVR)

Definition: TAVR, or transcatheter aortic valve replacement, is a minimally invasive procedure used to replace the aortic valve in patients with severe aortic stenosis.

A cardiac surgeon and structural interventionalist use a catheter inserted into a small incision, rather than open-heart surgery, to replace the diseased valve with a new valve.

Who Would Benefit From TAVR?

If left untreated, aortic stenosis (or, aortic valve stenosis) can be life-threatening. It can decrease your quality of life, causing chest pain, shortness of breath, fatigue, fainting (syncope), [arrhythmias](#) and leg swelling.

TAVR is recommended for patients who:

- Experience severe symptoms of aortic stenosis
- Are considered medium or high-risk patients; low-risk patients may be eligible through a clinical trial
- Are not candidates for conventional open-heart surgery due to additional medical conditions

Our team of valve specialists thoroughly evaluates patients to determine whether they are a good fit for the TAVR procedure. If you are eligible for TAVR, the team will tailor a treatment plan based on your individual needs.

How Safe Is TAVR?

Traditional open-heart surgery requires general anesthesia and an opening of the chest plate. In contrast, most TAVR patients have an approach that uses only a small incision in the groin area.

During the procedure, a patient's heart continues to beat, eliminating the need for a heart-lung bypass machine.

This minimally invasive approach means patients typically:

- Receive conscious sedation rather than general anesthesia
- Experience shorter intensive care unit and overall hospital stays
- Recover more quickly
- Are able to get up and walk around a few hours after the procedure
- Are discharged home in two to three days

If you have any questions before your test please feel free to call our staff at **(760) 323-2174**.