See your doctor for regular appointments
Take all medicine like your doctor tells you to
Don’t smoke
Eat healthy foods
Exercise
Control your blood pressure

Fix your valve
Put in a new valve
There are different kinds of valve surgery
- Traditional surgery = a bigger incision
- Minimally invasive = smaller incisions

A catheter is a long, thin tube that can be used to fix a valve or put a new valve in place
- TAVR uses a catheter to replace the aortic valve
- MitraClip is a small device that helps the mitral valve close tighter
- TMVR uses a catheter to replace the mitral valve
- Balloon Valvotomy uses a catheter with a tiny balloon at the end. The balloon opens up a narrow mitral or aortic valve to let more blood flow through it.
Tips to take care of your heart after surgery and keep untreated valve damage from getting worse:

• See your heart doctor for regular visits

• Take all your medications like your doctor tells you to

• Control your blood pressure

• Prevent heart valve infection (endocarditis)
  - Take care of your teeth and gums – Brush your teeth and see your dentist for regular check-ups
  - Ask your doctor if you need to take medications to prevent infection before medical or dental procedures

• Avoid dirty needles that can be used for tattoos, body piercings, and IV drug use

• Call your doctor if you have signs of infection