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What is **Heart Valve Replacement Surgery?**



What is Heart Valve Replacement Surgery?

Heart valve replacement is a procedure recommended for patients with severe valvular diseases like Aortic Stenosis, Aortic Regurgitation, Mitral Stenosis, Mitral Regurgitation, and other valvular lesions. The surgical procedure aims at replacing a narrowed, obstructed, leaking, or diseased valve with a new prosthetic valve. Valvular surgeries can be performed using standard techniques and minimally invasive procedures. In selected cases, the aortic valve can be dealt with using transcatheter aortic valve implantation. Common symptoms of the valvular disease include, dizziness, angina, palpitations, and breathing difficulties.

Types of Heart Valve Replacement Surgery

There are two primary types of Heart Valve Replacement Surgeries:

- **Mechanical Valves:** Made from durable materials that can last a lifetime, but require lifelong blood-thinning medications
- **Biological Valves (Tissue Valves):** Made from animal or human tissue that do not require long-term blood thinners

The choice of surgery depends on factors like age, lifestyle, and preference. Minimally invasive procedures may also be an option, reducing recovery time and scarring.

Preparation for Surgery

Before the surgery, the patient will undergo a thorough medical evaluation, including blood tests, imaging, and discussions about the patient's medical history. Medications may be adjusted, and the patient will receive instructions on fasting and what to expect on the day of surgery.



Surgical Procedure

During surgery, the patient will be under general anesthesia, and the surgeon will make an incision in the chest. They will then replace the damaged valve with a new one. The procedure typically lasts a few hours, and the patient will be closely monitored throughout the procedure.

Recovery and Rehabilitation

Recovery after heart valve replacement varies from person to person, but most patients stay in the hospital for a few days. The patient will receive medications, and a cardiac rehabilitation programme may be recommended to help regain strength and endurance.

Life After Heart Valve Replacement

With proper care and follow-up, most patients experience a significant improvement in their quality of life. Lifestyle changes such as a heart-healthy diet, regular exercise, and medication management are crucial for long-term success.

