You’ve got this.

Don’t let anything get in the way of your second act. Get ready to live the life you love after TAVR.

Discover everything you need to get back in the game and enjoying a life free of severe aortic stenosis.

TAVR Procedure Guide

Your comprehensive guide to transcatheter aortic valve replacement (TAVR) – from treatment through recovery.
Preparing for Your Future With the TAVR Procedure

Any medical procedure can be overwhelming. It is normal to be nervous. Your team of doctors and nurses, also called the TAVR Heart Team, has evaluated you and considered all aspects of your health and medical background to determine that TAVR is the best treatment option for you.

In this section, you’ll learn what you need to know about preparing for TAVR, including:
- what TAVR is
- how TAVR is performed
- how you should plan for TAVR
- packing for your hospital stay
- what to expect the day of your procedure
- what to discuss with your doctor

What is TAVR?

If you have severe aortic stenosis, TAVR is a less invasive treatment option that doesn’t require open heart surgery.

Any patient with severe aortic stenosis should be considered for TAVR. If you have been told you are not a candidate for the procedure, please see a TAVR Heart Team to discuss your options.

The sooner you treat severe aortic stenosis with TAVR, the sooner you get back to the life you want to live.

The TAVR procedure may provide the following benefits:

- Improved quality of life
- Less pain and anxiety
- Less invasive procedure with minimal scarring
- Relief of symptoms
- Shorter recovery time to getting back to everyday activities
- Helping your heart work better so that you feel better sooner
- Shorter hospital stay
- Better clinical outcomes

Risks of the TAVR procedure

Serious risks associated with the TAVR procedure, similar to those of open heart surgery, include death, stroke, serious damage to the arteries, or serious bleeding.

It is important to discuss your particular situation with your doctor to understand the possible risks, benefits, and complications associated with TAVR.
How Is TAVR Performed?

Compared with open heart surgery, TAVR is a less invasive procedure. The most common way for your doctor to get access to your heart to replace your valve is through your upper leg. Your doctor may refer to this as the transfemoral approach. TAVR can also be performed through your chest or neck. Ask your doctor how he will access your heart.

- The TAVR procedure starts with a small incision through the artery in your upper leg or groin
- A small catheter (a hollow tube) with a balloon on the end is pushed through an artery in the leg. The doctor uses a special x-ray machine to guide the catheter to the heart
- The balloon is inflated to expand the new valve into place, pushing the leaflets (flaps that open and close) of the old valve aside. The new valve attaches to the old diseased valve’s leaflets and is anchored in place. It begins working right away

**Sedation**

During TAVR, you will be given medicine to make you sleep or feel very relaxed. There are two types: general anesthesia and conscious sedation.

- General anesthesia will make you unconscious for the procedure.
- Conscious sedation is medicine that helps you relax and block pain but you will remain awake.

Find out from your facility what kind of sedation you may have and if you will be awake during conscious sedation.

**Refer to the Patient Resources section on page 25 for more information.**
Packing for Your Hospital Stay

Most people who have TAVR go to the hospital the morning of the procedure. Sometimes people may be asked to go to the hospital the night before. Follow the instructions from your TAVR Heart Team.

Packing checklist:

- Toothbrush and toothpaste
- Comb or brush
- Slippers (with nonslip soles)
- Glasses
- Denture case
- Hearing aids
- Reading materials
- Pajamas
- Comfortable clothes to go home in

It is recommended that you do not bring cash or valuables to the hospital.

Be sure to turn to the Resources tab for a helpful form on page 26 to keep track of your appointments before your procedure.
What to Expect the Day of Your TAVR Procedure

On the day of your TAVR procedure, you and your caregiver should feel prepared and have a good understanding of what to expect.

Every hospital has different instructions for patients to follow. The recovery time and length of hospital stay may be different for each person, too. However, patients who receive TAVR usually have a shorter hospital stay than those who receive open heart surgery. The average length of stay with the TAVR procedure is 3 days, versus 7 days with open heart surgery.* Your TAVR doctor can tell you how long you can expect to stay in the hospital after the TAVR procedure. The goal is for you to go home as soon as it is safe for you to leave.

Ask your doctor any questions you have about the day of your procedure, such as these:

- What can I eat and drink the day before my procedure? How late can I eat?
- Are there any special bathing instructions I should follow?
- Can I take my medicines as I usually do?
- How much pain should I expect? How long does the pain usually last?
- How soon after the procedure may I get out of bed and start walking?
- Will I be evaluated later that day or the following day?
- Who will follow up with me during my hospital stay?

Life After TAVR: Welcome to Your Second Act!

During your recovery, there are important steps that you — and your caregiver — can take to help you recover and return to your daily routine more smoothly. This section will help you through many of those steps, and it will address some of the concerns and questions you may have about life after TAVR, including the following:

- What to expect after your TAVR procedure while you’re still at the hospital
- What to expect after you are discharged and leave the hospital
- Caring for your health
- Important things to keep in mind
- Heart-healthy eating
- Follow-up after TAVR
- What to know about imaging scans
- What to discuss with your doctor

This is my time, this is my prime!

*Based on PARTNER 3 Low Risk Trial Outcomes.
What Can You Expect After the TAVR Procedure?

While you’re still in the hospital

After your TAVR procedure, the TAVR Heart Team will update your caregiver or loved ones on how you are doing. Talk with your team about how long your visitors might expect to wait before they can see you.

You will have some intravenous (IV) lines, tubes, and machines connected to you. The number of tubes, as well as the amount of pain and discomfort you may feel, depends on which TAVR approach you have. Every patient is different. Talk with your TAVR Heart Team about what to expect.

As you recover in the hospital, your nurses and TAVR Heart Team will help you with the following:

- **Pain control**: Pay attention to your pain, and tell your nurses how you are feeling. They can give you pain medicine to help keep your pain under control.
- **Sitting up and walking**: After your procedure, your TAVR Heart Team will help you to sit up and encourage you to move. Try to move as often as you are asked to. This will help with your recovery.
- **Breathing**: Your TAVR Heart Team will give you breathing exercises to do to keep your lungs clear and to help prevent complications.
- **Incision care**: Your nurses will change and remove your incision dressing as needed. This can help prevent infection.
- **Medicines**: Your TAVR Heart Team may prescribe more medicines for you, including blood thinners. Talk with your team if you have any questions about the medicines they prescribe.
- **Using the restroom**: Ask your nursing team to help you if you need assistance with your usual bowel and bladder routine.
- **Your new valve**: Before you leave the hospital, your TAVR Heart Team may give you an echocardiogram that shows moving images of your heart to make sure your valve is working correctly.

What to expect when you leave the hospital

As you leave the hospital after TAVR and begin your recovery, there are some important things to keep in mind. The following information will help guide you through what you need to think about during your recovery period. This information is not meant to replace what your TAVR doctor tells you. Be sure to follow the instructions your team gives you at discharge — and contact them at any point during your recovery if you have questions or do not feel well.

Partnering with your caregiver

When you are ready to be discharged from the hospital, you will need someone to pick you up and drive you home. You also will need help for at least the first few days after your procedure and possibly longer. It is okay to ask for help as you get back to your daily life. Talk with your caregiver about what you need and how he or she can best help you. It may be useful to review the caregiver section on page 22 of this booklet together.

Discuss your activity with your doctor. While some people may notice improvement in their energy level and quality of life right away, for others it can take days or weeks. As you begin to increase your activities, remember your body may need time to adjust to being active again. Give yourself time to rest when needed.
Caring for Your Health

Here are some things to keep in mind as you start your recovery and care for your health.

**Incision care**
You will need to take some simple steps to help the incision site heal and to reduce the risk of infection.

Follow the instructions you were given at the hospital. Call your TAVR doctor right away if you notice any signs of infection, such as the following:
- Increased pain, redness, or swelling at the incision site
- Liquid oozing from the incision site
- Fever (check your temperature as often as your TAVR doctor tells you to)

**Managing pain**
You may have some aches and pains after TAVR, which are part of the normal healing process. You may have pain in your back, shoulders, neck, and chest. You may leave the hospital with a prescription for pain medicine. If you are sore or uncomfortable, take this medicine as your TAVR doctor told you to. If you do not take your pain medicine, you may not be as active as you could be. Let your TAVR doctor know right away if your pain medicine is not working well.

**Lung care**
During your recovery, continue to perform the breathing and coughing exercises you learned at the hospital. They will help keep your lungs clear and prevent complications. Follow the directions your TAVR Heart Team gives you about how to keep your lungs healthy, especially if you have chronic obstructive pulmonary disease (COPD).

Important Information to Keep in Mind

Here are some additional things to consider to keep you on the right track as you recover.

**Daily activities**
Be patient and follow the advice of your TAVR Heart Team. You may need help when you first go home. It is best to plan ahead so you have the help you need.

**Taking medicines**
- Take all of your medicines exactly as prescribed. Do not stop taking any medicine without first talking with your TAVR doctor
- Make sure to bring a list of all of your medicines to every healthcare appointment

**Dental precautions**
Let your dentist know that you have had a heart valve replacement. You will likely need to take an antibiotic before having any procedure, including a cleaning. This can reduce the risk for getting an infection in your new heart valve.

Talk with your TAVR doctor if you notice any change in the way you feel or if something does not feel right.
Eat balanced meals. Eating a wide variety of foods gives your body all the nutrients it needs to heal. You should have a healthy balance of
• fruits and vegetables
• whole grains and breads
• low-fat dairy products
• lean meats, including fish

Make healthy food choices. Healthy options include foods that are rich in fiber and low in saturated and trans fats.

Lower your cholesterol. Reduce saturated fat to no more than 5% to 6% of the total calories you eat each day. Talk with your TAVR doctor about the food choices that are best for you.

Limit your intake of less healthy food. Foods to limit include those rich in saturated and trans fats, sugar, and salt. When possible, avoid processed meats.

Visit www.heart.org/nutrition for more information about heart-healthy eating, including
• resources such as the Simple Cooking with Heart guide
• dining out
• heart-smart shopping
• heart-healthy recipes

Vegetables and fruits are loaded with nutrients and low in calories. They also contain fiber and water, which help you feel full. Enjoy a variety of fruits and vegetables at every meal and snack. Fresh, frozen, and low-sodium canned may all be healthy choices.

Whole grains are generally a good source of dietary fiber. Whole-grain foods include whole-wheat bread, rye bread, brown rice, popcorn, oatmeal, and whole-grain cereal.

Chicken, fish, and beans are good sources of protein. Use lean cuts, and remove skin from poultry.
• Enjoy fish rich in omega-3 fatty acids at least twice a week. Oily fish such as salmon, mackerel, trout, and albacore tuna are good choices.
• A small handful of nuts or seeds can be a healthful snack. Choose unsalted nuts or those with no more than 140 milligrams of sodium per serving size. You will find this information on the nutrition label of the package.
• Use fresh or dried herbs when cooking. At the table, use salt-free seasoning blends instead of salt. Add a squeeze of fresh lemon or lime to add flavor to fish and vegetables.

Adapted with permission from the American Heart Association, Daily Tips to Help Your Family Eat Better, on www.heart.org.
Follow-up After TAVR

Another part of your recovery is attending scheduled follow-up visits with your TAVR Heart Team. During these visits, the TAVR Heart Team will check your progress and ensure that your heart is working as it should. In addition,

- blood tests may be performed to monitor how your medicines are working
- you might have your blood drawn to make sure the amount of blood thinner is steady to prevent blood clots

To check how you’re healing, the TAVR Heart Team may order some tests, including the following:

- Echocardiogram to check valve function
- Electrocardiogram to detect any abnormal heart rhythms

Your TAVR Heart Team will discuss other factors affecting your health. Follow their advice regarding diet, exercise, and medicines.

Your follow-up appointments

Be sure to go to all of your scheduled appointments. Be an advocate for your own health. Monitor how you are feeling, and keep track of questions you have as you recover. Share this information with your doctor at your follow-up visits as you partner with them for a successful recovery.

A Typical Follow-up Schedule

Your TAVR Heart Team will recommend a schedule that’s best for you. Contact your TAVR Heart Team at any time during your recovery if you have questions or concerns.

Refer to this check list to know what to expect for your follow-up schedule.

<table>
<thead>
<tr>
<th>Timeframe after TAVR</th>
<th>What to expect and do</th>
</tr>
</thead>
<tbody>
<tr>
<td>In the first 30 days after TAVR</td>
<td>In the first 24 hours up to the first few days after discharge, you may receive a follow-up phone call from a member of your TAVR Heart Team who will be checking in on your symptoms, medicines, and well-being</td>
</tr>
<tr>
<td>In the months after TAVR</td>
<td>You will likely be scheduled for an in-office follow-up visit. At this visit, you will likely have an echocardiogram recorded to check your new valve. You may also have other tests and be asked to share some information about your symptoms and quality of life. Some TAVR teams may recommend that you see your primary care provider 5 to 7 days after discharge</td>
</tr>
<tr>
<td>Every year after TAVR</td>
<td>Your TAVR doctor should transfer your care back to either your general cardiologist or your primary doctor. Please schedule your visit with your doctor within the first week of discharge. Talk with your TAVR Heart Team to see what they would like you to do about checking your progress with them</td>
</tr>
</tbody>
</table>

Be sure to turn to the Resources tab for a helpful tool on page 27 to keep track of your follow-up visits.
What to Know About Imaging Scans

Is it safe to undergo an x-ray or computed tomography (CT) exam after TAVR?
Your valve is completely safe for both x-ray and CT examinations.

Will my valve cause a metal detector at the airport to go off?
Going through an airport metal detector will not affect your valve. The amount of metal used in valves is very small. It is usually not enough to set off metal detectors. If it does, simply show the security personnel your transcatheter valve identification card.

Is it safe to undergo a magnetic resonance imaging (MRI) scan after TAVR?
An MRI scan will not affect your transcatheter heart valve. However, there is important information your doctor needs to know before you undergo an MRI scan. Please refer your doctor or the MRI lab staff to edwards.com/mri-safety for more detailed information.

Be sure to inform all healthcare professionals that you have a transcatheter replacement valve, and share your transcatheter valve ID card with them.
Incision care

- How do I keep the incision site clean? ________________________________
- How do I protect the incision site to help it heal? ____________________
- Is there specific clothing I can wear to help keep the incision site comfortable? ____________________________________________
- How can I reduce my risk for infection? ________________________________

Managing pain

- What kind of pain medicine will I take after my procedure? How often do I take it? ________
- Are there other ways I can manage my pain in addition to my pain medication? __________________________

Lung care

- How many times each day should I do my lung exercises? ____________
- When can I stop doing my lung exercises? ____________________________

Daily activities

- Are there any showering instructions I need to follow? ________________
- Can I take a bath or go swimming? ________________________________
- Are there any activities that I should avoid after my TAVR procedure? __________
- How soon can I get back to my day-to-day activities around the house? ______
- When and how can I increase my physical activity? ________________
- When can I return to sexual activity? ________________________________
- Can I drive? ___________________________________________________________________
Taking Care of Your Loved One: Getting Back to Living!

Preparation for TAVR: Tips and Support for Caregivers

The TAVR Heart Team will provide the person you are caring for with specific instructions for you to follow before the TAVR procedure. Talk with the TAVR Heart Team about how you can help him or her get ready. Here are some actions to consider in the weeks and days leading up to the procedure.

<table>
<thead>
<tr>
<th>Action</th>
<th>How You Can Help</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monitoring physical activity</td>
<td>Be watchful of the person you’re caring for while he or she is exercising. Instruct him or her slow down or stop if there is any sign of shortness of breath, chest pain, or feeling faint. Report any worsening symptoms you notice back to the TAVR Heart Team.</td>
</tr>
<tr>
<td>Maintaining a balanced diet</td>
<td>It’s important that the person you’re caring for eats a well-balanced diet and that you offer encouragement. The TAVR Heart Team may have put restrictions on how much liquid and salt your loved one can have.</td>
</tr>
<tr>
<td>Taking medicines</td>
<td>It can be helpful to keep track of all the medicines the person you are caring for takes and when he or she should take them. You can use a pill organizer or a small notebook to stay organized.</td>
</tr>
<tr>
<td>Driving carefully</td>
<td>Typically, people with severe aortic stenosis are winded and may not be able to drive. Each person is different. Talk with the TAVR Heart Team about whether the person you are caring for should be driving.</td>
</tr>
<tr>
<td>Preparing legal documents</td>
<td>Consider helping to ensure the necessary legal paperwork is organized and completed.</td>
</tr>
<tr>
<td>Packing for the hospital stay</td>
<td>Help the person you’re caring for pack for the hospital—a pair of pajamas and a comfortable outfit to go home in is enough. Do not bring valuables. A patient may be moved to another room at least twice during the hospital stay. It’s possible for things to be misplaced during these moves. It may be best if you keep his or her clothes until the day of discharge.</td>
</tr>
<tr>
<td>Planning ahead for discharge</td>
<td>If the person you are caring for is discharged home, you can help with tasks related to his or her recovery. This includes helping with bathing, medicine reminders, and follow-up visits. You can also help with making meals, cleaning, and running errands. If you think additional help is needed, talk with your social worker or nurse about local people who may be available to help. Remember, while the patient may leave the hospital feeling better, he or she must listen to the doctor’s orders and take it easy.</td>
</tr>
</tbody>
</table>

Remember, while the patient may leave the hospital feeling better, he or she must listen to the doctor’s orders and take it easy.
As a Caregiver: Questions to Ask the Doctor About Preparing for TAVR

- What kind of anesthesia will be used? Will it make the patient feel sick? If so, what should I do?

- How long will the person I’m caring for be in the hospital?

- Will I need to spend the night in the hospital to make sure he or she is properly cared for?

- For how long will he or she have symptoms after the procedure, and what might they be?

- How do I need to be prepared to provide care at home? What kind of additional support should I arrange for in advance?

- Will the person I’m caring for need physical therapy or rehab?

- Will this procedure affect any of his or her other health conditions?

- Are there any new medicines that he or she will need to take? What instructions do I need to know about them?

- What legal or other documents should I help my loved one prepare?

- What is the average length of time for recovery?

- What kind of quality of life will he or she have after TAVR?

- What kind of resources are available to help us know how to plan for TAVR?

TAVR Patient Resources

Your second act starts now, and we’re here to support you. In the next few pages, you’ll find helpful tips and tools to support you before, during, and after TAVR.

- Visit www.NewHeartValve.com to learn more about the TAVR procedure. You will also find all kinds of useful information, including patient testimonials, videos, brochures, and additional information on TAVR as a treatment option.

- Visit www.TAVRbyEdwards.com to learn more in-depth information about Edwards transcatheter heart valves, the Edwards valve difference, and clinical data.
**Doctor Visits: Before Your TAVR Procedure**

Here is a helpful form that you can complete and use to schedule and keep track of your appointments before your procedure.

<table>
<thead>
<tr>
<th>Visits Before TAVR</th>
<th></th>
</tr>
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<tbody>
<tr>
<td>Date</td>
<td>Reason</td>
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</tbody>
</table>

Doctor:

Address:

Phone:

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**Doctor Visits: After Your TAVR Procedure**

It’s important for you to attend your follow-up visits with your TAVR Heart Team after your recovery. Remember, your TAVR Heart Team will recommend the schedule that's best for you in the days, months, and years after your procedure. Simply complete the form below to keep track of your follow-up visits.

<table>
<thead>
<tr>
<th>Visits After TAVR</th>
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<tr>
<td>Date</td>
<td>Reason</td>
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Doctor:

Address:

Phone:
Your Recovery Tracker

Recovery from TAVR is a gradual process. Monitoring your recovery each week can help you track your progress. The trackers below include several important parts of your recovery that you should note. Talk with your TAVR Heart Team about other things they may want you to keep track of. These could include breathing exercises; physical activity; or any notes, concerns, or questions you may want to share during your follow-up visits. Bring these trackers to your visits.

How I feel overall
Circle one number each week.

<table>
<thead>
<tr>
<th></th>
<th>Not well</th>
<th>Okay</th>
<th>Very well</th>
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<tbody>
<tr>
<td>Week 1</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>Week 2</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>Week 3</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>Week 4</td>
<td>1</td>
<td>2</td>
<td>3</td>
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</table>

My pain level
Write down your symptom and circle one face each week to show your pain level.

<table>
<thead>
<tr>
<th></th>
<th>Doesn’t hurt</th>
<th>Hurts a little bit</th>
<th>Hurts a little more</th>
<th>Hurts even more</th>
<th>Hurts a whole lot</th>
<th>Hurts the worst</th>
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<td>Week 1</td>
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<td>Week 4</td>
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Things I did this week
Note the activities you were able to do each week. For example: “Went grocery shopping” or “Light housekeeping.”

Week 1 ______________________________________________________________
_____________________________________________________________________
Week 2 ______________________________________________________________
_____________________________________________________________________
Week 3 ______________________________________________________________
_____________________________________________________________________
Week 4 ______________________________________________________________
_____________________________________________________________________

Medicines I am taking

<table>
<thead>
<tr>
<th>Name of medicine</th>
<th>Dose</th>
<th>Time(s) I take it</th>
<th>With food</th>
<th>Without food</th>
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Finding Support

As you recover from TAVR, it is normal to feel a wide range of emotions. It can help to share with others your experiences and how you are feeling. Find a friend or loved one whom you feel comfortable talking with, and share how you are feeling. Visit friends or go out socially when you feel ready. You might also look for local support groups where you can meet and share with people who know what you are going through. They can help you to talk about your emotions as you recover. You may find the following resources helpful:

- Alliance for Aging Research: www.agingresearch.org
- American Heart Association: www.heart.org/heartvalves
- Family Caregiver Alliance: www.caregiver.org
- Heart Valve Financial Aid Fund and CareLine: http://heartvalve.pafcareline.org/
- Heart Valve Voice: www.heartvalvevoice.org
- Mended Hearts: www.mendedhearts.org
- WomenHeart: www.womenheart.org

Welcome to the TAVR Community!

You will receive a transcatheter valve temporary ID card when you leave the hospital. A permanent ID card will be mailed to you at home within 6 to 8 weeks of your procedure.

Please call 888-892-0099 if you need a replacement card. You should keep this card with you at all times and show it to all your healthcare providers.

Included in the letter with your ID card will be an invitation to join the Edwards community to receive helpful information, updates by mail and email, and support during your first year after TAVR. It’s up to you if you’d like to participate in and connect with Edwards and the heart patient community during your journey to heart health.

Remember, recovery from TAVR will not happen overnight. However, your TAVR Heart Team, healthcare professionals, and caregivers are there to help you during your journey. Wishing you a successful recovery and good health.

Learn More About the Edwards Lifesciences Difference and Your Transcatheter Heart Valve

With more than 60 years of experience, Edwards Lifesciences has developed innovative tools to help patients like you.
See accompanying Important Risk Information.
CAUTION: Federal law (USA) restricts this device to sale by or on the order of a physician.

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