

Heart valve disease

A valve may be too narrow or leak backward. Severity and symptoms determine the plan. Some conditions need monitoring, while others need repair or replacement.

Everyday care

- Keep planned heart visits and echocardiograms, including after valve procedures.
- Take medicines as directed. A mechanical valve requires a specific warfarin plan.
- Tell your dentist about a replacement valve and ask whether preventive antibiotics apply.

When to contact your care team

Contact your care team promptly for increasing breathlessness, swelling, reduced activity, new palpitations, dizziness, or near-fainting.

When to call 911

Call 911 for chest pressure, severe trouble breathing, or fainting. Do not drive yourself.

Questions for your next visit

Which valve is affected and how severe is it? / When is my next echo? / When should repair or replacement be considered?

Care team/contact: _____ Next visit: _____

[Read the full patient guide online](#)

This summary supports your personal care plan. Medication and activity instructions may differ.