

Understanding Your Transcatheter Mitral Valvuloplasty Procedure

What is mitral valvuloplasty?

Valvuloplasty is a procedure used to treat narrowing (stenosis) of the mitral valve. During valvuloplasty, a thin tube (catheter) with a balloon tip is used to stretch or open the mitral valve. The catheter is threaded to your heart from the blood vessels in your groin under the skin with x-ray guidance.

How is valvuloplasty different from traditional open heart surgery?

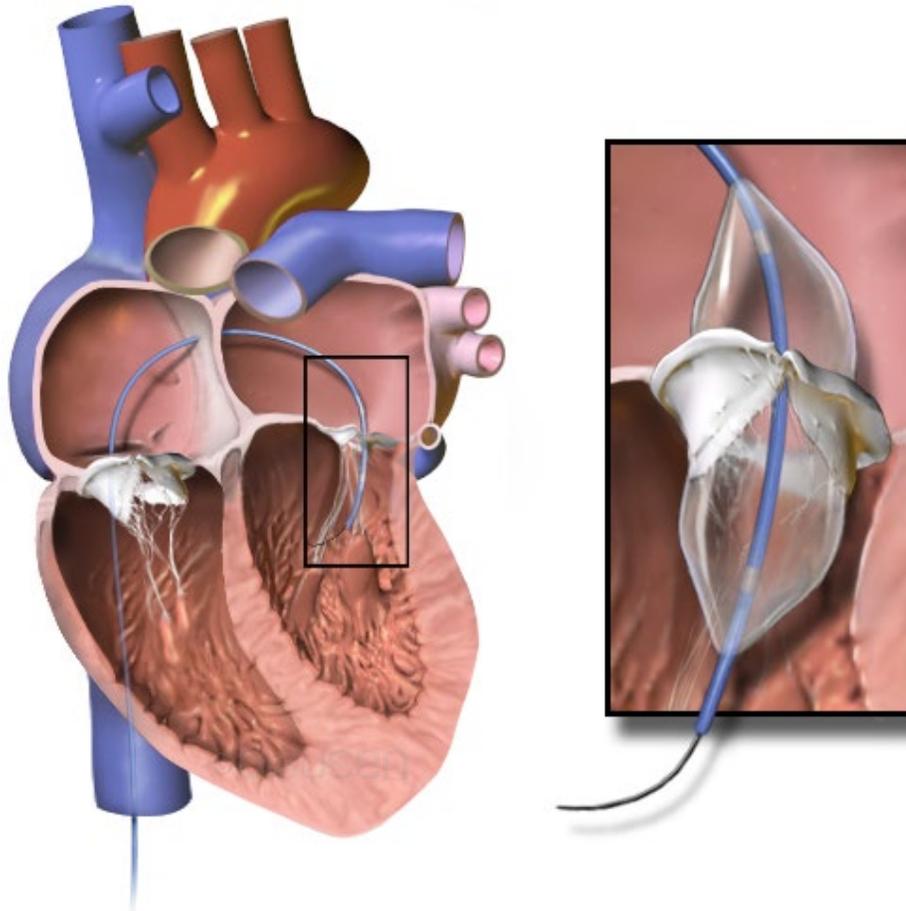
In traditional open heart surgery, an incision is made in the center of your chest and the heart is opened to repair or replace your diseased valve. You are also placed on a heart-lung bypass machine to send blood flow away from your heart. Valvuloplasty is performed through a puncture site in your groin (transfemoral approach) and does not require you to be connected to the heart-lung bypass machine.

How is mitral valvuloplasty performed?

The procedure is performed in the hospital in our cardiac catheterization lab. A team of doctors work closely together to perform the procedure. They use a special x-ray machine and ultrasound machine to see inside your body, to guide the catheter during the procedure and to see your valve.

The following describes the procedure:

1. The doctor makes a small opening in a large vein in the groin area at the top of your leg (femoral vein).
2. A small hollow tube (sheath) is placed into your artery.
3. A tube (thin catheter) with a balloon tip is threaded through the hollow tube up to your heart and the mitral valve using ultrasound imaging guidance through the esophagus.
4. The balloon tip is threaded into the mitral valve. Once in place, the balloon expands the valve to restore normal blood flow.
5. Once the valve has opened your doctor deflates the balloon and removes the catheter.



Mitral Valvuloplasty by Blausen Medical Communications, Inc. [CC BY SA](#)

What are the benefits of the mitral valvuloplasty?

With this less invasive valve procedure, you may experience the following benefits:

- Quicker return to daily activities than with open heart surgery
- Shortened recovery time
- Improved quality of life approximately 4 weeks following the procedure, including the ability to return to normal daily activities
- Short hospital stay
- Relief of symptoms
- Reduced pain and anxiety
- Improved heart function

Disclaimer: This document contains information and/or instructional materials developed by Michigan Medicine for the typical patient with your condition. It may include links to online content that was not created by Michigan Medicine and for which Michigan Medicine does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan.

Authors: Mary Judd, ACNP-BC and Marianne Gaylor, RN, BSN
Reviewers: Bethany Lee-Lehner, RN, MSN
CVC Control # 1203

Patient Education by [Michigan Medicine](#) is licensed under a [Creative Commons Attribution-NonCommercial-ShareAlike 4.0 International Public License](#). Last Revised 05/2019