Aortic Stenosis

Aortic stenosis is a narrow place in or around the aortic valve Blood normally moves from the left ventricle through this valve to the rest of the body. When the valve opening is narrow, it is harder for the heart to pump blood forward.

This problem can be in the valve or in the muscle just below it. Over time, the left ventricle may become thick or enlarged because it works harder to push blood through the narrow opening.

Symptoms

People may have mild symptoms or none at all. Symptoms can include:

- Feeling tired
- Trouble with exercise
- Trouble eating enough

A provider may hear a heart murmur during an exam.

Monitoring

Severe aortic stenosis in infants may need treatment right away. Mild cases are often watched by the cardiology team. Some people may need medicine.

A heart ultrasound (echocardiogram) is used to check how narrow the valve is and to look at the size of the left ventricle.

Treatment

You may be treated in the cardiac cath lab. The doctor will pass a balloon thru the valve. The balloon is then inflated to open up the narrowed area and then removed. Surgery may be needed to repair the narrow place. There are four types of repair. We will help you decide which method is best.

- **Valvotomy** – The aortic valve is rebuilt to allow blood to pass freely. We may need to remove tissue or muscles under the valve as well.
- **Ross procedure** – The aortic valve is replaced with your own pulmonary valve or a tube.
- **Subaortic stenosis membrane resection** – The membrane causing the narrow place is removed. This allows the blood to pass freely.
- **Valve replacement** – The aortic valve is replaced with either a mechanical valve or a valve from a human or animal donor.

Who to Call

If you have questions, please contact your provider through MyChart or call your provider listed in your After Visit Summary or After Hospital Care Plan. For a list of UW Health Clinics, please visit www.uwhealth.org/.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911.Copyright © 5/2026. University of Wisconsin Hospital and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HFFY#6863