

Small Ventricular Septal Defect (Muscular)

Information for parents and carers



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This leaflet aims to give parents and carers information about small ventricular defect (muscular) and the management of this heart condition.

Small Ventricular Septal Defect (Muscular)

A muscular ventricular septal defect is a hole in the muscle wall between the two main pumping chambers of the heart (the ventricles). In the normal heart the left ventricle works at high pressure and pumps blood to the body and the right ventricle works at low pressure and pumps blood to the lungs. When there is a hole between the two ventricles (a VSD), blood flows from the left ventricle to the right ventricle through the hole. Some children may have more than one VSD.

Most holes in the thick muscular part of the ventricular septum gradually get smaller or even close off completely on their own as the child grows. In some cases this happens within a few months, in others it may take many years and in some the VSD doesn't close at all.

Even if a small VSD does not close by itself, it does not usually need any treatment and does not usually stop the patient leading a completely normal life.

Image of a normal heart

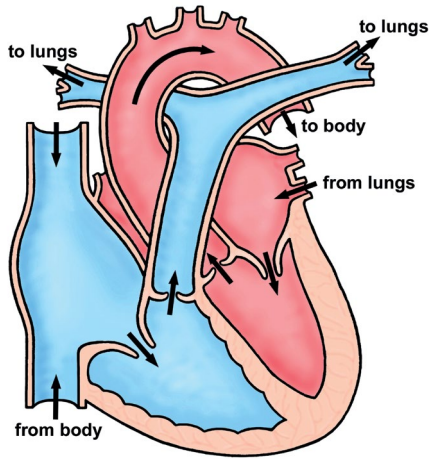
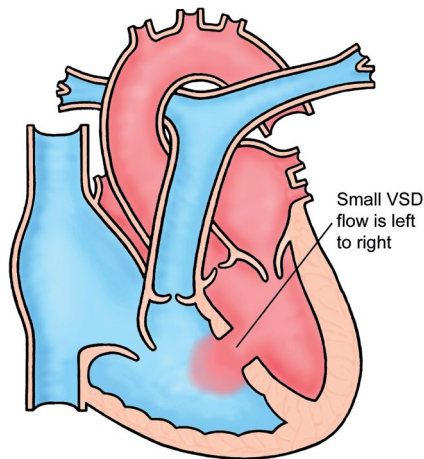


Image of a heart with a Small Ventricular Septal Defect (Muscular)



Tests

An ultrasound scan of the heart ("an echocardiogram") is required to assess the size of the VSD and see how many VSDs there are.

General advice for the future

Children with small VSD's can live normal active lives, including all kinds of sport. All children with a VSD will be at risk of infection in the heart (called endocarditis). Such infections may be caused by infections of the teeth or gums. It is important to look after your child's teeth and visit the dentist regularly (every 6-12 months). Ear or body piercing and tattooing are best avoided as they also carry a small risk of infection which may spread to the heart. If a VSD closes by itself these precautions are no longer necessary. For more information about endocarditis please see the link below:

Infective endocarditis ... what to do to avoid it - Leeds Teaching Hospitals NHS Trust (leedsth.nhs.uk)

<https://www.leedsth.nhs.uk/patients/resources/infective-endocarditis-what-to-do-to-avoid-it/>



Contact us

Please contact the Paediatric Cardiac Nurse Specialists on:

Telephone number: **0113 392 5467**

or email: ccns.lgi@nhs.net



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