

POST PROCEDURE PATIENT DISCHARGE INSTRUCTIONS

Pacemaker or Defibrillator

Care of your Incision Site:

- You will be discharged with a dressing over your incision site. Do not remove dressing, it will be removed at the 1 week post op check visit at the office or the date written on the Band aid. If you have steri strips (surgical band aids) do not remove or pick at them they will fall off on their own as your incision heals.
- Bruising and swelling may occur around the incision site, this is ok we would expect it to resolve over 4 – 6 weeks.
- Keep the incision site dry for 1 week. Do not shower. If you wish shower, you must purchase Glad Press and Seal. Cover your incision site, prior to showering in order to keep the site dry.
- NO LOTIONS, CREAM, ALCOHOL or HYDROGEN PEROXIDE TO BE APPLIED TO INCISION SITE
- **After** your one week post op incision check appointment at the office, you may shower and get the incision wet. Wash the area with soap and water gently and allow the water to run over the incision, pat dry the area.

CALL THE DOCTOR IMMEDIATELY IF YOU HAVE ANY OF THE FOLLOWING:

- **Signs of infection, such as fever over 100 degrees F, drainage from the incision, redness swelling or hot to touch around the incision.**
- **Pain around the site gets worse**
- **Bleeding from the incision site**
- **Swelling in the arm on the side of the incision site**
- **Severe swelling of the incision site**
- **Chest pain or shortness of breath**
- **If you have a defibrillator implanted you may receive a powerful shock in the event of a bad heart rhythm. Call the office anytime for recommendation.**

*******More than one shock call 911, do not drive yourself to hospital*******

Activity:

- Do not wear the sling after discharge. Do not raise your elbow higher than your shoulder. It is important to move the joint gently while awake to prevent frozen shoulder.
- Do not lift the affected arm over your head on the side of device for six weeks
- Do not lift more than 5 pounds for six weeks
- Do not drive for two weeks
- Do not do any vigorous activities such as golfing, tennis, swimming bowling or mowing the lawn per about six weeks
- Do not go in the ocean swimming pools or any lakes until completely healed after six weeks.
- All other activities including walking, light bicycling and sex are permissible. Avoid extreme fatigue

- If you work you may return after one week of the procedure

Post-operative Appointments:

- After you were discharged from the hospital, please call our office at 561-434-3053 make an appointment for the nurse to do an incision check, for approximately one week after surgery.
- At your one week appointment, the dressing from your incision may be removed unless otherwise indicated. It will be inspected to make sure incision is healing well.
- Another follow-up appointment will be made 4 to 6 weeks Post implantation to check the device. Then follow up visits will be recommended every 3 to 6 months.
- Follow up with your primary cardiologist in four weeks.

Important Information:

- You should have received a temporary pacemaker ID card from the device company, the permanent card will arrive in 6-8 weeks to your home. **PLEASE CARRY THIS CARD AT ALL TIMES**
- Inform all doctors, dentist and medical persons that you have a pacemaker
- Avoid, if possible any dental, gastrointestinal or urinary procedures for 1 month post device placement. If the procedure cannot be avoided call your cardiologist as you may need antibiotics prior to your procedure.
- Report any symptoms of dizziness, lightheadedness, slow pulse or black out

Frequently Asked Questions:

- Home Appliances: you may operate any electrical device in your home, including your microwave less than 15 years old.
- Airport metal detectors: will not affect your device, although you may set off the metal detector. Show the security officer your device ID card.
- Cellular phones: are not likely to interfere with the device. The cellular phone should not be carried in a pocket next to the pacemaker device.
- Special Work Conditions: if you work near high voltage lines, transmitting tower, large motors, or powerful magnets please discuss with your EP doctor or Cardiologist.
- MRI- please tell them you have a pacemaker. Some pacemaker are compatible, but needs to be confirmed by the office.
- Avoid magnet pillows or mattress used in pain therapy
- NO operating gas powered chain saws!

For questions specific to you device, please feel free to call the manufacturer of your device:

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| Medtronic | 1-800-551-5544 |
| St. Jude | 1-800-722-3423 |
| Boston Scientific | 1-800-227-3422 |
| Biotronik | 1-800-547-0394 |
| ELA | 1-800-352-6466 |