

Discharge Instructions Following a Micra Pacemaker Insertion

You are being discharged post Micra pacemaker insertion. A responsible adult will need to drive you home. It is recommended that you do not consume alcoholic beverages, make any personal or business decisions or sign any important documents until 24 hours following discharge. There are a few things that you need to know to help maintain your health and to prevent complications.

Activity- Upon discharge home:

- Keep activity light today and tomorrow. Do not lift objects heavier than 5 pounds.
- Resume your normal activity after 72 hours, including driving and sexual activity.
- Avoid climbing stairs. If stairs are unavoidable, walk up and down the stairs more slowly.

Access Site- Care of the site:

- If present, leave the dressing in place for 24 hours, after which the dressing should be removed.
- Keep the catheter insertion site dry for 4 days.
- Afterward, gently cleanse the area with soap and water, pat dry and leave open to the air. Do not apply creams, lotions or powders to the site.
- Avoid bath tubs, swimming pools and hot tubs for 1 week or until the puncture site is completely healed. It is normal for the puncture site to be bruised or sore after your procedure.
- Check your puncture site over the next few days. Notify your physician if there are any signs of infection such as redness, swelling, drainage or if you feel the circulation has changed.
- If the puncture site starts to bleed or swell, CALL 911, lie down and apply firm pressure of the site until help arrives.

Post-operative appointments:

- After you are discharged from the hospital, please call our office at 561-434-0353 to schedule follow up appointment.
- A follow up appointment should be made 4 weeks post implantation to check the device. Then follow up visits to check the device every 3-6 months.
- Follow up with your primary cardiologist in four weeks.

Important Information:

- You should receive a temporary pacemaker ID card upon discharge and permanent ID card in the mail in 4-6 weeks. If you do not receive your ID card please contact Medtronic 800-551-5544.
- Inform all doctors, dentist and medical persons that you have a pacemaker.
- 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 ID card.
- Cellular phones: are not likely to interfere with the device.
- MRI- Please tell them that you have a pacemaker and to call the office to confirm that you are able to have MRI.

Florida's leaders in the treatment of Cardiac arrhythmia's

180 JFK Drive, Ste 311 • Atlantis, FL 33462

Phone 561.434.0353

Fax 561.357.0869

Toll Free 888.VTACH.MD

heartbeatdoctor.com