

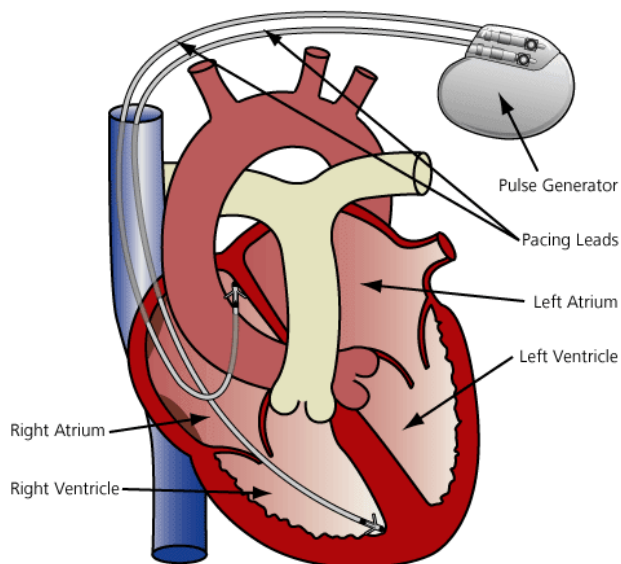
PACEMAKER DISCHARGE INSTRUCTIONS

What you need to know

We have discussed a lot of information about the pacemaker with you and your family while you were in the hospital. This instruction sheet is a summary of the most important facts we want you to remember.

Always carry your temporary pacemaker ID card with you at all times. A permanent card will be mailed to you by the pacemaker manufacturer in about a month. Please contact our office if you don't receive your pacemaker ID card.

Continue taking all of your medications as prescribed by your primary physician. Always carry an updated list of your medications, dosage and



schedule as well as your primary doctor's office number or business card.

Going Home

If your incision was closed with Dermabond (a medical adhesive), all bandages will have been removed before you go home from the hospital. It is OK to take a shower. **Do not** scrub the incision. The Dermabond will slowly crystallize and fall off on its own. **Do not** peel it off yourself. Do not put powder or lotion on the incision.

If your incision was closed with Steri-Strips (not Dermabond), a small bandage may have been applied over the incision site before your discharge from the hospital. Leave this bandage on until your follow-up appointment unless you have been specifically instructed otherwise. You can take a sponge bath during this time. It is OK to wet the bandage area if you cover it with plastic wrap. Steri-Strips should be left in place; they will fall off on their own in a few days.

You will be given a prescription for an oral antibiotic, which will help prevent a post-operative infection. Please fill the prescription immediately when you go home and take all the pills as prescribed.

Follow-up visits

Your pacemaker incision will need to be checked a week after the pacemaker was implanted.

At your 1 week follow-up visit, you will be seen by a Nurse Practitioner. A doctor will be available to see you in the event that there is a problem with your pacemaker. At this visit, your pacemaker and incision will be checked. Please bring a list of all your medications, the name, address and phone number of your primary care doctor with whom you would like us to share information about your treatment.

Your next visit will be after 3 months and then your visits will be every 6 months. The pacemaker will need to be checked regularly. It is very important that you keep these appointments to make sure your pacemaker is functioning properly.

After your 3rd month clinic follow-up visit, your pacemaker should be checked from home every 3 months using a telephone transmitter. You will receive a transmitter and a letter from the Arrhythmia Service Team with instructions on how to use the telephone transmitter from home.

Upon discharge from the hospital, avoid the following:

- Lifting heavy objects (more than 10 pounds) until permitted by your doctor, usually about one week.
- Raising or lifting your arms above your head and other vigorous activity for one month.

After this, you may resume your regular activities. Ask your doctor when you can go back to work or drive.

- No showering for one week (you may take sponge baths). Do not apply any powder, lotion or ointment on your incision.
- Close contact (defined as 1 to 2 feet) with strong magnetic fields such as:
 - ✓ Airport and government building security system
 - ✓ Power plants, large transformers, arc welders
 - ✓ Electromagnetic fields, such as working over a large running engine
 - ✓ Stereo speakers in large stereo system and “boom” boxes
 - ✓ Magnetic wands used at “Bingo” games or by airport security
 - ✓ Magnetic Resonance Imaging (MRI)

It is OK to walk briskly through the anti-theft (electronic surveillance) systems frequently present in department stores, malls and libraries. Do not pause or stand next to the sensors.

Do not be concerned with:

- Electric typewriters, copiers, fax machines
- Computers, televisions, VCR
- Electric blankets, microwave ovens, heating pads.

Cellular phones should not be placed directly against the chest on the same side as your pacemaker.

If you need to see a doctor or dentist, let him/her know that you have a pacemaker. Some treatments and surgery, such as diathermy and electrocautery, may affect your pacemaker because they create an electromagnetic field.

When to call your doctor:

Observe your incision for any of the following changes and call the Arrhythmia Service if you notice any of the following. If you think it is an emergency call **911**.

- Worsening pain at the operative site
- Redness, swelling or warmth around the incision
- Discharge or bleeding from the incision
- Fever of 100 degrees F or higher
- Dizziness, lightheadedness or fainting

For more information, you can check our website: www.arrhythmia.org or you can contact our Arrhythmia Service nurse.