

Discharge Instructions for New Pacemaker and Defibrillator Implants

A. Wound Care

1. Do not allow the incision to get wet for four days after the procedure.
2. On the fourth day, you may shower and gently wash the area with a soapy washcloth. Do not swim or soak in a bath until you are seen in the office for your follow-up appointment.
3. The stitches will dissolve and do not need to be removed.
4. The steri-strips over your wound will gradually peel off over the next couple of weeks. **DO NOT PULL THEM OFF**, as they may open your incision. Rather, let them fall off.
5. Call your physician's office immediately:
If the wound becomes more painful or starts to bleed.
The wound becomes reddened, swollen, or if there is drainage from the wound. These may be early signs of infection and need urgent attention.

B. Activity

NO DRIVING FOR ONE TO THREE WEEKS. Please discuss this with your physician as each case is different.

Do not raise your arm over your head for two weeks, but please keep it mobile or it will become stiff.

No heavy lifting (over 10 pounds), pulling or any vigorous use of the arms (i.e. golfing) for six weeks post procedure. You may participate in activities not directly involving your arms such as walking and cycling.

Microwave oven and airport security metal detectors will not harm your device. However, you may hear a beeping when going through the metal detectors. You should have your pacemaker/defibrillator identification card available to show security.

Cordless and cellular phones may be used, but it is recommended that they are 6 inches from your device. When possible please use the opposite ear from the device.

You may have a CF scan, but you may not have an MRI unless you have had a device implanted that is protected and compatible with having an MRI. Please discuss this with your physician.

C. Follow-Up

If home health has been scheduled to come to your home for wound care, please call the office for an appointment 6 weeks after the procedure.

If home health has not been scheduled, then you need to make an appointment with the physician or physician assistant for 1-2 weeks after your procedure to check the wound.

If you receive a shock from your defibrillator, please notify your physician's office ASAP. However, if you receive several in a row please call 911 immediately; you must go to the emergency room.