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Instructions Following Pacemaker / Defibrillator Implantation

The following is a list of instructions that we feel will help to answer some of your questions about the immediate care of your new pacemaker or defibrillator. Your new device is a

COMPANY NAME: _____

UNIT MODEL: _____

FUNCTION TYPE: _____

DATE OF IMPLANT: _____

1. Mild **discomfort** in the area of the device implantation is common for several days. Pain relief medication is generally needed for only 24 to 48 hours.
2. It is common to have some **bruising** around the implantation site – don't be alarmed. This represents some seepage of blood into the skin tissues. In general, this requires no special treatment.
3. In the **first two weeks** following the implantation, there are a few restrictions on your **activity**.
 - keep the arm on the side of the implant in front of your body and below the height of the shoulder
 - don't lift anything heavy (greater than 5 lbs.) with that arm
 - keep the incision site dry for 10-14 days (sponge bathe, don't shower)
 - If you have little white strips across the incision, don't pull them off; when you begin to shower again, they will wrinkle up and fall off on their own
 - If you have staples, they will need to be removed in 2 weeks. For your records, record your appointment: Your appointment is with _____ on _____ at _____.
4. Routine **follow-up** monitoring of the pacemaker or defibrillator is necessary.

You should call (301) 891-7000 to schedule an appointment to be seen in four weeks in the Pacemaker / Defibrillator Clinic.

****Subsequently, pacemakers need to be checked every 6 to 12 months, and defibrillators need to be checked every 3 months.****

5. You should call or return earlier for any of the following: **fevers, chills, increased insertion site soreness, redness, swelling or drainage**. These are signs that an infection may be occurring and they should be evaluated.

6. In general, household appliances represent no problem, including microwave ovens and cordless telephones. True wireless telephones (the ones you may take in the car or away from home) have the potential to interfere with normal function; we recommend keeping them at least 6 inches away from your pacemaker or defibrillator. You may use a wireless telephone by talking with it on the side away from your pacemaker or defibrillator, and by not placing it in a breast pocket overlying your pacemaker or defibrillator.
7. Your pacemaker or defibrillator may trigger **metal detectors**. Always carry your ID card with you to identify your device. When going through security check points (i.e. airport security), either ask to be manually frisked or walk through the detector at a normal pace – don't stop in the middle.
8. **Record the Medications** you will need when you leave the hospital:

9. Record special instructions:

We hope this will help to answer most of your questions. Our telephone number is (301) 891-7000 (24 hours/day).

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