

Pacemaker Discharge Instructions

You will need a 2 week follow-up appointment with us to evaluate your surgical wound healing process. Call 480-246-3000 to schedule an appointment with one of our device specialists, if one was not made for you at the time of your discharge from the hospital.

If you were assigned a remote transmitter (to check your device from home), please set up your transmitter per enclosed instructions. Further instructions on your transmitter will be provided at your two week follow-up visit. After the initial appointment you will have an appointment in 3 months for pacemaker check when adjustments will be made to the programming to increase device longevity.

Home Care for Your Incisions Site:

Proper care of postoperative incisions will greatly enhance the healing process.

Taking care of your wound:

- Remove only the large dressing over the pacemaker 48 hours after surgery if dressing was not removed in the hospital.
- DO NOT remove Steri strips, the surgical tape that is taped directly on your skin over the incision. We will remove them at your 2 week follow-up appointment. You may have staples on your incision, these will be removed at your 2 week follow-up appointment.
- Shower as usual 48 hours after implantation.
- Don't scrub the incision area, just wash gently with soap, rinse and pat dry with a clean towel (do not rub).
- Do not submerge your wound in a bathtub, swimming pool or Jacuzzi for 6 weeks.
- Some discomfort such as mild redness, itching and swelling may occur. These symptoms are part of the normal healing process. Don't scratch the wound if it starts to itch.
- Avoid tight clothing over incision/pocket site.
- Protect your incision area from excessive sunlight. Do NOT apply any type of lotion or cream to the site.

Signs of Infection/Problem:

- Significant redness, heat, swelling or severe pain.
- Fever of 100 degrees or higher.
- White, yellow, or greenish discharge from the wound or significant bleeding.
- Opening of the wound.
- Increasing discomfort related to the wound.



DO:

- Continue to take medications unless told otherwise at discharge.
- Exercise per physician's orders.
- Put your temporary pacemaker card in your wallet (you will receive a permanent card in about 6 weeks in the mail). Take home your pacemaker booklet and read at home.
- Call if you experience any dizziness, lightheadedness, fainting or any questions related to your pacemaker.

DON'T:

- Lift, push or pull over 10lbs. OR raise your arm (on pacemaker side) above shoulder level for 6 weeks (this includes golfing and tennis).
- Don't have an MRI (Magnetic Resonance Imaging) unless it has been 6 weeks after implant and you have a known MRI compatible device and an order has been signed by your EP doctor.
- Don't put a cell phone in your shirt pocket over your pacemaker.

Other:

Magnets can affect your pacemaker. Please read enclosed materials and discuss with your physician if necessary.