

Patient Information

Your New Pacemaker Post Implant

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www.plymouthhospitals.nhs.uk



Now you have had your Cardiac Pacemaker fitted

Going Home from Hospital

♥ Keep the wound clean and dry for the first week after your pacemaker implant and until you have seen the cardiac physiologist at your 1 week follow-up appointment, which you will be given.

♥ Do not immerse the wound area in a bath and protect from water splashes if using a shower.

♥ Do not apply talc to the skin area or pick at the wound or dressing.

♥ The dressing will be removed at the one week follow-up by the cardiac physiologist.

♥ You should not operate machinery for at least 24 hours.

♥ It is important that you do not do any strenuous activity for about 1 to 2 weeks, particularly activities that involve moving your affected shoulder. No stretching, lifting or pushing with arm on implant side for 1 – 2 weeks.

♥ If using a walking stick, use the other arm.

♥ The wound site will feel tender and look bruised. This is normal and you may need to take a painkiller such as Paracetamol to help. Do not take Aspirin as a painkiller unless instructed by your Doctor, as it

can increase the bruising. The bruising may take up to three weeks to disappear.

♥ If your wound becomes red, hot, increasingly tender and / or produces any discharge either soon after implant or in the future, please call the pacemaker clinic on **01752 431676** in the first instance.

Pacemakers follow up

♥ You will be given an appointment to come to the pacemaker clinic for a one week follow-up this is to have your device checked and dressing removed. You will continue to have regular check-ups at the hospital.

Driving

♥ The Driver and Vehicle Licensing Agency (DVLA) has strict rules about driving if you have a pacemaker fitted.

♥ You must let the DVLA know that you have a pacemaker as well as your driving insurers. Your Consultant will be able to advise you on the time period you must restrain from driving.

Pacemaker identification card

♥ You will be given a small device identification card, it is very important to keep this with you at all times, you might have to produce it at hospital visits and hospital admissions as well as airports.

Living with a Pacemaker

♥ There is a risk the electro-magnetic fields could interfere with the pacemaker so you should take the following precautions:

- Do not carry or use a mobile phone or iPod within 6 inches (15 cm) of the device. It is best to hold a mobile phone or iPod on the opposite side to where the pacemaker was inserted.
- You should avoid security systems at airports and standing for too long near shop entrances
- You should not use a TENS machine, unless advised otherwise by the pacemaker clinic.
- You should not use or go near arc welders which are in use.
- You do not need to take any precautions with everyday household appliances such as microwaves, an oven or hi-fi equipment.
- If you need to go to hospital to have a scan you should let a member of staff know that you have a pacemaker.
- **You cannot have an MRI scan unless advised otherwise by the cardiac physiologists at your pacemaker clinic.**

For any further advice or assistance please call the pacemaker clinic on **01752 431676**

Notes:

**This leaflet is also available in large
print Contact: Cardiology Department
South West Cardiothoracic Centre
Tel: 01752 431663**

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