



GATEWAY CARDIOLOGY, P.C.

Discharge Instructions: Post Permanent Pacemaker Placement

ACTIVITY:

- NO heavy lifting greater than 10-15 LBS with the affected arm for 4 weeks
- NO strenuous activity for at least 4 weeks.
- NO driving for 3 weeks (unless directed by the physician)
- DO NOT lift affected arm above head/shoulder level for 4 weeks
- AVOID jerky movements with affected arm for at least 4 weeks
- ONLY use a cellular phone on the opposite shoulder from the site of the pacemaker. Cell phone should be at least 6 inches from the pacemaker.
- NO MRI TESTING
- FOR HUNTERS -DO NOT EVER place the rifle butt against the pacemaker site, this could cause dislodging of the pacemaker

WOUND CARE:

- Sponge bath only for about 2 weeks or until staples are removed
- NO showering or direct water pressure hitting against the site for 2 weeks (or until the staples are removed)
- Wash with antibacterial soap and water daily. Keep incision open to air (no dressing is necessary).
- Keep incision clean and dry
- DO NOT apply lotions or creams to the incision unless directed by a physician
- STAPLES—If your incision is closed with staples-the staples will be removed in 10-14 days by the nurse in our office
- PAPER STRIPS—If your incision is closed with paper strips-they can be removed in 7-20days or sooner if they are loose

NOTIFY PHYSICIAN:

- For temperature greater than 101 F. or chills
- For redness, drainage, tenderness, swelling or warmth at the incision site
- For frequent hiccups, chest pain, shortness of breath, dizziness, faintness or blackout spells

FOLLOW UP CARE:

You will have frequent follow up visits to have your pacemaker checked. Some will require you to come to the office and meet with the nurse or the company of your type of pacemaker. Some pacemaker checks can be done over the phone. The office will provide you with additional information when you arrive at the office.

Please, call the office if you have any questions, 314-729-0088 or Illinois ONLY 1-800-520-6655