

Pacemakers and/or Cardio-defibrillator Insertion or Battery Changes

... after the procedure

After the Procedure

A slight bulging at the pacemaker site is normal. You may experience some mild swelling, bruising and tenderness at the insertion site, this should resolve within 10-14 days.

Safety Measures

- Carry your ID Card and list of medications with you at all times.
- Advice dentist or other doctors or health care providers you see that you have a pacemaker. If you require an MRI or other testing, discuss this with your doctor first.
- Avoid working with radar, strong magnets, or powerful electric devices. Inform your doctor if you weld and special guidelines will be given to you. It is okay to walk quickly through the antitheft system frequently present in the department stores, malls and libraries. Do not pause or stand next to the transformer. If a powerful electrical device makes you dizzy, step away from the device.
- Grounded home electrical appliances have little or not effect on pacemakers. This includes microwaves, TVs and garage door openers.
- Be prepared to show your card if you are required to walk through a metal detector, such as at the airport.
- The pacemaker will need to be checked every four to six months. It is very important that you keep this appointment or your pacemaker may not work properly when you need it. Pacemakers may also need more frequent checking by special system over the phone.

Incision Care

- Your original dressing may last up to 5-7 days as long as the seal is not broken. After 5-7 days or if the seal becomes broken remove the dressing and clean the site daily with mild soap and water. Pat dry.
- After your dressing is removed, you do not need to wear a dressing over the site unless it is draining.
- Your dressing generally will have a type of glue that holds the skin together, do not pick at the glue it will fall off on its own. Occasionally the doctor may use a steri-strip(s) on the incision. Do not remove the steri-strips(s) they will generally fall off in about a week.
- You may shower or bathe as long as your incision isn't submerged or directly sprayed upon until well healed.
- Do not use non-prescribed creams or ointments on the incision area. Do not use ointments, creams, or other items on the incision area.
- For comfort, wear loose fitting clothing.
- Report any signs of infection, fever, pain, swelling, redness, oozing, or heat at site especially if these symptoms increase after the first 3 to 4 days.



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Activity

- Restricted activity for 24hours. Plan on going home and resting the day of your surgery.
- Avoid activity that involves rough contact with the pacemaker site.
- Usual arm movement is allowed but avoid lifting your arm over your head on the pacemaker side or lifting over 10 pounds for 4 weeks.
- Avoid upper body exercises for six weeks. Walking is fine and encouraged.

Medication

Often , but not always, the doctor will prescribe medication for you after the procedure. If so, a prescription will be provided for you. Please take all medications as directed.

Follow Up Appointment

Call your doctor's office to schedule unless otherwise instructed.

What to Expect After a Procedure with IV Sedation

You may not drive, operate heavy machinery, make important business decisions, or drink alcoholic beverages for the next 24hours. You may feel somewhat dizzy or sleepy after the surgery due to the side effects of the anesthesia. Try to rest for the remainder of the day. Nausea and vomiting is occasionally seen, and usually resolves by the evening of surgery – even without therapy.

When to Call Your Doctor

- You have a temperature greater than 101 degrees
- You start having symptoms of an allergic reaction to the medication (rash, hives, difficulty breathing, etc.)
- Have signs of an infection that may include an increase in redness or swelling, increase in pain, or pussy drainage from your incision.
- Palpitations in your chest

Call 911 or go to the nearest emergency room if you:

Have any pain or pressure in your chest or shoulders that radiates or is accompanied by sweating, nausea, vomiting or shortness of breath.