



Anand U. Kulkarni, M.D., FACC
Clifford D. Gladstone, M.D., FACC, RPVI

Sheldon J. Kulkafka, M.D., FACC
Subhashini A. Gowda, M.D., FACC

Pravien K. Khanna, M.D., MPH, FACC, FSCAI
Rashesh Shah, M.D., FACC

DISCHARGE INSTRUCTIONS AFTER IMPLANTATION OF YOUR PACEMAKER

You have just undergone a pacemaker implantation. We have discussed a lot of information about the pacemaker with you and your family/friends while you were in the hospital. This instruction sheet is the summary of the most important facts we want you to remember.

Medical Care

- Continue all medications and special battery requirements as ordered by your primary physician. Always carry an updated list of your medications, dosage, and schedules.
- Always carry your pacemaker identification card. You will receive a temporary card before you are discharged. A permanent card will be mailed to you by the pacemaker manufacturer in approximately one month.
- Always wear a MedicAlert bracelet or necklace. Information about this can be obtained at the local pharmacy or drug store. Check with your primary physician about any other medical information concerning yourself. Medical information, in addition to the pacemaker, should be placed on your MedicAlert bracelet or necklace.
- Always carry a doctor's office number or business card with you.

Incision Care.

- Keep the wound clean and dry for one week. Sponge baths only. After your one-week follow-up appointment you may shower as usual allowing the thin Steri-Strips to come off by themselves.
- For any increase pain, swelling, redness or fever (fever with the temperature greater than 100.4) or if you have any questions about your device call 732-247-7444.
- The Steri-strips or tapes may help support the incision during healing and must be kept clean and dry. You may remove the Steri strips after 10 to 14 days if they have not fallen off. Do not use non-prescribed creams or ointments on the incision area. Do not use ointments, creams, or other items on the incision area.
- The dressing on the incision area can be changed if you prefer to do so, everyday with a piece of dry gauze, but with no medication.

Activity After Discharge:

- You could use your arms, but avoid reaching overhead for six weeks with the arm on the same side as your pacemaker. That means avoid lifting your corresponding arm above the level of your shoulder for four weeks.
- Avoid upper body exercises for six weeks. Walking is fine and encouraged. Do not lift anything greater than 5 pounds for one month with the arm at the same side of your pacemaker. If this is your first device avoid driving for six weeks.
- Very close contacts with strong magnetic fields such as airport and government building security system, large power plant transformers and arch welders, electromagnetic fields such as working over a large running engine, stereo speakers and large stereo system and boom boxes, magnetic warns used at bingo games or by the security, and MRI should be avoided.

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- It is okay to walk quickly through the antitheft system frequently present in the departmental stores, malls, and libraries. Do not pause or stand next to the transformer. You need not be concerned with electric typewriters, copier, fax machines, personal computers, televisions, VCRs, microwave oven, and household appliances. Do not be concerned with electric razors or hair dryers.
- If you need to see any doctor or dentist, let him or her know that you have a pacemaker. Some treatment and surgeries such as diathermy and electrocautery, may affect your pacemaker because they can create an electromagnetic field. Watch your incision for any of the following changes.
- Call your primary physician or an arrhythmia service physician, if you note any of the following; redness, swelling, increased pus or drainage, or bleeding from the incision, soreness, fevers or chills.

Follow Up Care

- Your incision will need to be checked a week after the pacemaker was implanted. You may call any of the following offices nearby for an appointment within a week (see telephone and address list). Always carry your pacemaker ID card.
- If you have a test, procedure, or go to the hospital, tell your doctor that you have a pacemaker.
- 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.
- Your first visit will be earlier, approximately three months after the implant. Please call us for an appointment. Pacemakers may also need more frequent checking by special system over the phone.
- The arrhythmia service team will arrange for your enrollment. For additional assistance or if you have any questions, you may call the arrhythmias service nurse at **732-247-7444**.

Subhashini Gowda, M.D.