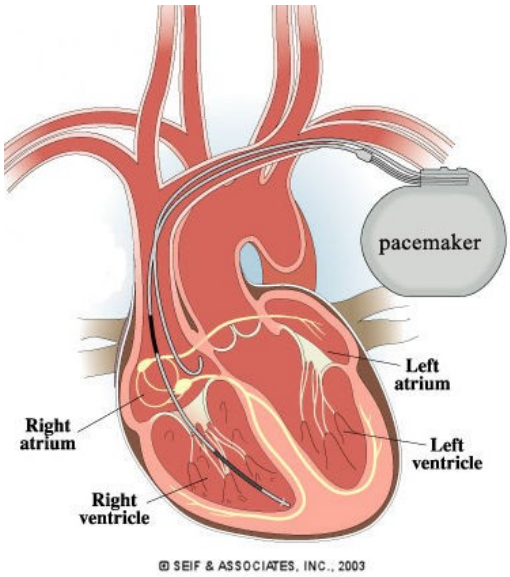
Pacemaker Implantation
Care After Surgery

Always carry your pacemaker card with you. The card should list the implant date, device model and manufacturer.

HOME CARE INSTRUCTIONS



- Keep the incision dry for a week after the procedure. It may take several weeks for the incision to heal.
- For about 6 weeks, avoid sudden jerking, pulling or chopping movements that pull your arm away from your body. For instance, you should not play golf for 6 weeks.
- Do not raise your arms above your shoulders for 1-2 weeks or as told by your caregiver.
- Take medicine as told by your caregiver.
- Learn how to check your pulse. Follow directions about when to call or be concerned.
- Exercise as told by your caregiver.
- Household appliances do not interfere with pacemakers.
- Travel by airplane should not be a problem. Tell security you have a pacemaker before going through the metal detector. Carry your pacemaker ID card with you.
- Never leave a cell phone in a pocket over the pacemaker.
- Avoid strong electro-magnetic fields. **You will not be able to have an MRI scan because of the strong magnets.**

PACEMAKER CARE:

- Avoid putting pressure over the area where the pacer was put in.
- Digital cell phones should be kept 12 inches away from the pacemaker. Hold the cell phone to the ear opposite of the pacemaker.
- Never leave a cell phone in a pocket over the pacemaker.
- Avoid strong electro-magnetic fields. **You will not be able to have an MRI scan because of the strong magnets.**
- Pacer batteries last about 5 years and give off warning signals when they are running low on power. Pacers may be checked every 3 months. This allows plenty of time to change the generator when it is running low on power.
- Changing the battery means removing the old generator through the same cut and plugging the existing wires into the new generator.
- An EKG or heart monitor is used to see if your pacer is working properly. Sometimes signals may be sent over a land line phone to your clinic.
- Wear a medical alert bracelet. This can help emergency responders know you have a pacemaker.

SEEK MEDICAL HELP IF:

- You begin to gain weight and your feet and ankles swell.
- You have dizzy spells or feel weak.
- Your pulse rate drops below the limit or is too fast.
- You have redness and swelling over your pacemaker insertion site.

SEEK MEDICAL HELP IMMEDIATELY IF YOU:

- Faint or pass out.
- Have chest pain or shortness of breath.
- Are injured and think your pacemaker may have been damaged.
- Are suddenly very tired or have pain in your back.
- Have yellow drainage coming from the pacemaker incision site.
- Are worried that your heart is not beating right or cannot feel your pulse.

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