



## **PATIENT INFORMATION**

# **Discharge advice for patients after a permanent Pacemaker/CRT**

### **What to expect**

- ❖ You will receive an identification card after your procedure or in the post over the next week. It is important that you carry this card with you at all times. This card will contain your name and other information as well as the serial number and model of your device.
- ❖ The information will be needed if you ever have problems with your device, or if you need treatment away from your regular physician.
- ❖ You may experience some discomfort and bruising around your device site. Discomfort can be relieved with regular paracetamol.
- ❖ Your nurse will send you home with a wound check letter for your practice nurse stating the type of suture used and the date of your appointment.
- ❖ Women might want to place a pad over the incision to make it more comfortable until the wound heals.
- ❖ Any concerns regarding the wound please contact the physiologist team on the number below.

### **Activities**

- ❖ You may resume your usual diet unless otherwise directed
- ❖ You will be able to return to your daily routine activities within 4-6 weeks.
- ❖ You can take part in most sports but it is advisable to avoid contact sports to minimise the risk of damaging your device.
- ❖ As your consultant when you will be able to return to work as it depends on the nature of your work and your overall health status.

### **Activities to avoid for 4-6 weeks**

*It takes a few weeks for the device wires to become fully secure for this reason:*

- ❖ Avoid lifting heavy objects
- ❖ Avoid vigorous activities or activities that require you to lift your arm above shoulder height.

### **Devices and equipment to avoid**

- ❖ Whilst most electrical appliances will not affect your pacemaker please contact the cardiac physiologist if you are unsure of any electronic equipment you use regularly
- ❖ If you are having any medical procedures including physiotherapy and dentistry please inform the staff that you have a pacemaker before the procedure.

### **Who to inform**

- ❖ Your GP, physiotherapist, dentist, insurance company.
- ❖ The airport authorities before travelling. (The metal casing of the device may set off the airport security alarm but will not cause any harm to your device)
- ❖ DVLA
- ❖ The hospital when going in for minor/major procedures as sometimes you may need antibiotic cover before invasive procedures.

### **Contact your GP or pacemaker clinic immediately if you develop**

- ❖ Symptoms similar to those prior to device implantation
- ❖ Hiccoughs or twitching in your chest area
- ❖ Chest discomfort, dizziness or breathlessness
- ❖ Redness, bleeding, pain, swelling and / or discharge from around the pacemaker site

### **Wound care**

- ❖ Do not apply powders or lotions on the wound, keep the area clean and dry
- ❖ Keep the wound site dry until the wound is checked, no dressing is needed after the wound check, if the wound is healing well.

### **Driving**

- ❖ Driving restrictions will vary depending on why you had the device fitted and the type of device (CRT or pacemaker)
- ❖ It is very important to discuss your driving restrictions with your cardiac physiologist or consultant before you go home. You can also access the DVLA guidelines on their website.

### **Clinic visits**

- ❖ Your device will be checked before your discharge
- ❖ A follow-up visit with your cardiac physiologist will be necessary within four to six weeks after procedure and will be checked regularly as required.