



## **DISCHARGE INSTRUCTIONS**

### **PERMANENT PACEMAKER AND IMPLANTABLE CARDIOVERTER DIFIBRILLATOR**

#### **Wound Site**

- A waterproof dressing has been placed over the incision site on your chest.
- **Leave this dressing on for 1 week.**
- If your dressing becomes loose, please replace immediately.
- You do not need to have any stitches removed, as they are dissolvable.
- Monitor the incision site for any signs of infection such as: redness, tenderness, oozing, or swelling. If you experience any of these signs, please notify your cardiologist.

#### **Shower**

- You may shower when you get home. The dressing is waterproof. Do not saturate the area and gently pat the site dry.
- Do not have a bath, swim or spa until the incision site has completely healed (at least 2 weeks).
- Do not apply aftershave, perfume or talc to incision site until it has completely healed (at least 2 weeks).

#### **Driving**

- No driving for a period of 2 weeks after surgery.
- If you have had an ICD implanted for treatment other than a cardiac arrest you may drive after 2 weeks.
- If you have had an ICD implanted due to cardiac arrest, you are not allowed to drive for a period of 6 months or until your Cardiologist allows you to.
- Do not allow the seat belt to rub on your incision site. Please use a folded towel or seatbelt cover to stop any rubbing.

## **Activity**

- Avoid heavy lifting for 4-6 weeks.
- Avoid strenuous exercise 4-6 weeks.
- NO raising the arm on the side of your pacemaker/ICD above your head for 2 weeks i.e. no reaching overhead.
- You may eat and wash/brush your hair with your affected arm.
- It is important the leads are well healed into place in your heart and the incision site is completely healed in this time.

## **ID Card**

- Prior to discharge from Hospital you will receive a temporary ID card outlining the type of device you have.
- The manufacturer will post to you a new ID card which looks similar to a credit card to replace the temporary card (allow 12 weeks).
- Please keep this card in your wallet or purse at all times.

## **Medications**

- Take medications as prescribed and instructed by your Cardiologist.

## **Cardiologist Appointments**

- Your first follow-up appointment will be approximately 6 weeks following your surgery. An appointment will be made prior to you leaving hospital or your doctors secretary will call you to make this appointment.
- Routine device checks will be made after this for every 3-12 months depending on your device type.
- It is important that you attend these appointments to monitor your device.

## **Return to work**

- This will depend on your occupation. Your Cardiologist will advise you on the time frame in returning to work.

## **Pain relief**

- You may experience some discomfort at the incision site. If this is the case, take analgesia such as paracetamol or as prescribed by your Cardiologist.

## **Home appliances and mobile phones**

- It is safe to use household appliances such as microwaves, televisions, computers, cordless phones and video/DVD players.
- Mobile phones are safe to use.
- Do not use magnetic bedding underlays or magnetic pillows.
- Do not use an ARC welder.
- For further device specifics please consult your device representative or Cardiologist.

## **Airports**

- It is safe to walk through security devices. Please advise security staff that you are fitted with a pacemaker or ICD and show them your ID card. They will instruct you of their procedure.

## **Other surgery**

- Please advise your health professional that you have a pacemaker or ICD and shown them your ID card.

## **ICD shocks**

- If your ICD delivers a shock, please notify your Cardiologist.
- If it delivers more than one shock or you do not feel well following a shock, please call 000.

## **Cardiologist**

- Please contact your Cardiologist on 1300 980 322 if you experience any problems or alternatively you can go to your closest Hospital Accident and Emergency.