



Pacemaker Discharge Instructions

Wound Care:

Keep the area where the pacemaker was inserted clean and dry. You may shower after 48 hours. Do not scrub the device area and pat dry. This will reduce the chance of infection. You will be given a sling to wear upon discharge from the hospital. Do not use it for more than 48 hours.

Call Your Doctor If You Notice:

- Unusual redness or drainage from the wound
- Increased swelling over the device.
- Fever of greater than 100.5 degrees
- Chills

Resuming Normal Activities:

- Avoid extreme activities such as pulling, pushing, or lifting motions for 4 weeks (Do not lift your elbow above your shoulder, as this also causes your shoulder to rise, and may put tension on the new leads). You should move your arm and shoulder gently to prevent stiffness.
- Activities such as golf and swimming may be resumed after 6 weeks.

What You Can And Cannot Do:

- Do not have an MRI as the electromagnetic field will interfere with your device. CT scans and X-rays can be performed safely.
- Microwave ovens, electric blankets and heating pads may be used.
- Cellular phones should be used on the side opposite of your pacemaker. You can use Bluetooth if you cannot hear on that side. Do not put a cell phone in your breast pocket, near the pacemaker.

Travel With Your Device:

- When traveling, let the airport personnel know that you have a Pacemaker, so you can be wanded. The x-ray body scanner will not harm your device.

MRI Safe Pacemaker:

- If you have a Medtronic MRI safe pacemaker. Please call **602-867-3737** to schedule an appointment with your EP physician if an MRI is ordered.

Follow Up Appointments:

- You should have received a follow up appointment when your pacemaker insertion was scheduled. If not, call 602-867-3737 to schedule your appointment.
- For all other questions, please call 602-867-8644 and speak with case management.
- All pacemaker companies offer remote monitoring for their devices. Your device can be monitored through a land line or for a small month fee, a cell phone. Your device will be interrogated 3 times a year remotely, with one in office interrogation per year. This is recommended, so we can monitor you and your device closely.