

Pacemaker/ICD Patient Handout

1. Carry your ID card at all times.
2. Wear your medic alert bracelet/necklace.
3. Your first visit will be with the nurse one week after discharge from the hospital:
We will take out your stitches if needed and check you incision site
We will perform your first device check
4. Your next follow up will be 6 weeks post discharge ONLY if you have a Biventricular defibrillator.
5. All other Pacemakers and ICDs will be checked at 3 months at which time they will also see the doctor.
We will reprogram your device to its permanent parameters.
You will be released for most activities.
6. Patients with ICDs and BiVentricular ICDs should be checked every 3 months, either over the phone or in device clinic
7. Patients with pacemakers will have follow up in clinic every 6 months
8. Avoid tight clothing or rubbing over your pacemaker/ICD site.
9. Finish all antibiotics as ordered
10. Call the office if you note any signs or symptoms of infection, drainage, redness, excessive soreness, bruising, swelling at the generator/battery site or incision.
Also, call if your temperature is greater than 100 degrees for one or two days

Activity

1. Avoid activity that could produce rough contact with your pacemaker/ICD site or lead wire.
2. Do not drive until released to do so. Usually this is in 1 week, but may be as long as 6 months post-defibrillator implant. Please consult with physician.
3. Avoid lifting greater than 10 pounds, vacuuming, moving furniture or mowing the lawn for six weeks.
4. You may resume sexual activity after four weeks, or when you feel comfortable.
5. Avoid lifting your arms over your head for 2 weeks or until released to do so.
6. Avoid taking a shower or getting incision area wet until after your first follow at one week. You may sponge bathe until that time.

Special Precautions

1. Avoid strong magnetic fields such as power plants, large running engines and MRI exams
2. Use cellular and portable phones on the opposite side of your pacemaker/ICD site.
3. Show airport security your pacemaker/ICD identification card. DO NOT walk through the metal detector.
4. Do not place iPod or MP3 player over pacemaker site

Special Instructions for Patients with an ICD

1. Call the office if you receive one shock.
2. Go to the Emergency Room if you receive two successive shocks.
3. Call 911 if you receive more than two successive shocks
4. If you feel symptoms:
 - a. Lie down at the onset of the symptoms (no matter where you are)
 - b. Count the number of shocks you receive, if possible
 - c. Have a family member call the office or 911