

# Discharge Instructions

## Permanent Pacemakers (PPM), Implantable Cardioverter Defibrillator (ICD)

<b>Wound Site</b>	<p>A new plastic dressing will be applied prior to discharge. Leave the dressing on for 3 days, then remove it and leave the site uncovered. You do not need to have any stitches removed, as they are dissolvable.</p> <p>Monitor the wound site for any signs of infection such as redness, tenderness, oozing or wound breakdown. If you have any of these signs, please notify your Cardiologist.</p>
<b>Shower</b>	<p>You may shower when you get home. The dressing is waterproof. Gently pat the site dry. Do not have a bath, swim or spa in the first 2 weeks following surgery.</p>
<b>Diet</b>	<p>Resume normal diet unless previously instructed.</p>
<b>Activity</b>	<p>Avoid heavy lifting, strenuous exercise and raising the arm on the side of the pacemaker above your head for the first 2 weeks. Following this, try to avoid exercise that requires repetitive arm movements for up to 6 weeks. It is important that the leads are well healed into place in your heart and the wound site is completely healed.</p>
<b>Return to Work</b>	<p>This depends on your occupation and your Cardiologist should advise you on your return to work date. But usually not before 24 hours.</p>
<b>Driving</b>	<p>You are not allowed to drive for a period of 2 weeks. If you have had an ICD inserted for treatment other than a cardiac arrest, you may also drive after 2 weeks. If your ICD was implanted due to a cardiac arrest, you are not allowed to drive for a period of 6 months or until your Cardiologist allows you to. Also, do not let seatbelts rub on the wound site. You may use a wool seatbelt cover or a folded hand towel. <a href="http://www.csanz.edu.au">www.csanz.edu.au</a></p>
<b>Home Medications</b>	<p>Resume your previous medications once at home. Ensure that if prescribed new medication that you start taking these as soon as possible or as instructed.</p>
<b>Identification Card</b>	<p>Prior to discharge, we will give you a temporary ID card outlining the type of pacemaker you have. The manufacturer will then send through the post a new ID card which looks similar to a credit card to replace the temporary card. Keep this with you at all times.</p>
<b>Cardiologist Appointment</b>	<p>You will be asked to see your Cardiologist for a follow up appointment to check your device. This is generally 3 months post procedure, then they will organize regular checks for you.</p>
<b>Pain Relief</b>	<p>You may experience some discomfort at the wound site, if so, take analgesia such as paracetamol or as prescribed by your Cardiologist.</p>
<b>Appliances &amp; Mobile Phones</b>	<p>It is safe to use household appliances such as microwaves, televisions, videos, computers and cordless phones. Mobile phones are also safe to use but try and keep the phone at a distance of 15cm (6in) from the device. To avoid this, use your supplied ear piece or hold the phone to the opposite ear to your pacemaker site. Also, do not store your mobile phone in breast pockets.</p>
<b>Airports</b>	<p>If you need to go through security devices, please advise the security staff that you are fitted with a pacemaker and show them your ID card. It is safe to walk through, do so at a normal pace.</p>
<b>Other Surgery</b>	<p>Prior to any forms of surgery or procedures, advise the health professional that you have a pacemaker and show them your identification card. It should not interfere with surgeries, but it will stop you from having a MRI.</p>
<b>ICD shocks</b>	<p>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 the QAS on '000'.</p>