Patient Information

Pacemaker Discharge Advice

Contact Numbers

Taw Ward
01392 402836 (24 hrs)

Cardiac Physiologist
01392 406087
01392 402272

Wound

■ The dressing on your wound needs to stay on for 7 days.

■ You can shower or bath, but keep the wound area as dry as possible, gently pat dry if it gets a little splashed.

■ You will have been given some spare dressings to use if needed.

☐ Staples have been used to close the wound, these need to be removed 7 days after the procedure. Please make an appointment with your practice nurse or GP to arrange this.

☐ Dissolvable stitches have been used. Leave the dressing on for 1 week before removing and then gently clean the area.

☐ Glue does not require a dressing. Keep the area dry for 10 days. The glue should naturally peel away during this time.

■ If you have any pain/discomfort from the wound take Paracetamol or your normal painkillers as required

■ Do not lift your arm on the side of the pacemaker above shoulder level until your 6 week pacemaker check. Use it normally apart from this (this does not apply if you have had a pacemaker battery replacement).

■ Take it easy for 2 weeks, do not do any heavy lifting or strenuous exercise until your 6 week pacemaker check. (For battery replacements you can get back to normal activities after 2 weeks.)

■ Should you experience any palpitations, light headedness, dizziness or breathlessness, contact your GP.

■ If you have any queries or worries please contact Taw Ward or the Cardiac Physiologists (phone numbers on front cover).

Follow-up checks

■ You will have been given an ID card when you first have your pacemaker checked – carry this with you at all times.

■ Your pacemaker will be checked by the Cardiac Physiologists before you go home. This check may be done either immediately after your procedure/operation in the theatre, or the following day on the ward.

■ You will have your first pacemaker clinic appointment in approximately 6 weeks at the cardiology department, level 2 area D. This will be sent out in the post.

■ Most patients will be checked once a year after the initial 6 week check.

■ After your pacemaker battery has been replaced a 6 month appointment will be made.

For patients who live out of area of the RD&E, the Cardiac Physiologist will advise you on your next follow-up check at your local centre, and your pacemaker details will automatically be transferred.
Driving

- DVLA require you not to drive for 7 days after your procedure. This applies if you have had a new pacemaker fitted or a pacemaker battery replacement.

- Driving is permitted thereafter provided there is no other disqualifying condition.

You must inform DVLA and your insurance company that you have a pacemaker.

Q & As

Is there anything that will interfere with my pacemaker?

- Household appliances such as microwaves, toasters, electric razors, electric blankets, computers and using broadband Wi-Fi will not interfere with your pacemaker as long as they are in good working order.

- Mobile phones may affect the pacemaker if held within 6 inches of the device, it is suggested that you hold the handset over the ear opposite to the site of the pacemaker and do not store it in a coat or shirt pocket over the pacemaker.

- Equipment that emits a strong electromagnetic field should be avoided. It will not damage your pacemaker but may temporarily interfere with its setting whilst you are in contact with it, e.g. Arc Welding.

Can I travel abroad?

- Yes. You may set off the airport security device when walking through the arch, but if done briskly will not damage your pacemaker. Before walking through the arch inform the security team that you have a pacemaker implanted and show them your ID card.

More information on pacemakers and interference can be found in the booklet that is given to you with your ID card.

Further questions - please contact the Cardiac Physiologists, or write them down and bring along to your first follow-up clinic.

Your notes

First appointment date and time