DISCHARGE INSTRUCTIONS

Implantation of Permanent Pacemaker or Defibrillator

ACTIVITY
- Do not lift your arm above your shoulder for 2 weeks. We have provided an arm sling to help remind you of this limitation for a few days. Please remove the sling and exercise your elbow frequently.
- Do not lift anything heavier than 5 pounds for 2 weeks.
- Do not drive for 2 weeks.
- Avoid sexual activity and /or vigorous exercise for 2 weeks.
- Walk and climb stairs without limitation as long as you feel able to do so.

All of the above mentioned limitations are recommended because the wires that the doctor has inserted require time to become permanently imbedded in the tissues of your heart. Certain activities involving lifting and movement can easily dislodge the placement of these wires, requiring additional surgery to repair.

WOUND CARE
- Upon leaving the hospital, there may be a transparent dressing over the site. Leave this dressing in place until your follow-up visit. The doctor may have used dermatologic “glue” to assist in the closure of the incision. In this case, there would be no dressing. Others have a “pressure” dressing. This is a larger dressing that will need to be removed daily so that the site can be checked. We will arrange for a visiting nurse to come to your house on the first day after discharge to provide further instructions.
- You may shower as usual. Allow the water to run over the transparent dressing. Please do not rub the area. The dressing should remain intact until it is removed at the follow-up appointment. Please remove the dressing only in the following situations: moisture invades the dressing or there is a foul smell over the area. If you have a “pressure” dressing, you may shower when it is removed daily and reapply thereafter.
- Please notify the office for any of the following symptoms:
  - Bleeding, swelling, purulent discharge, or redness at the incision site
  - Fever greater than 100.5, or chills
  - Dizziness or lightheadedness

FOLLOW-UP
- Please call 584-1212 to schedule an appointment for an incision check within 7-10 days after discharge
- Permanent Pacemakers: our clinic will call you to set up home monitoring of your device within 2 weeks after discharge
- Defibrillators: will be interrogated in the office in approximately 1 month
- Maintain you regular appointment with your primary cardiologist
- Read the instruction manual that accompanies the device.

MEDICATIONS
You may have been given a prescription for an antibiotic to prevent infection. Please use as directed

Thank you for allowing Hamilton Cardiology to participate in your care. Your cardiovascular health is out priority. Please contact the office for any further questions or concerns.